



2004-2005 Membership Form

(We encourage you to sign up on-line at www.MadNorSki.org)

What type of membership?

☐ renewal

☐ new

☐ Individual \$25

☐ Family \$35

☐ Junior \$10 (18 or under)

Options

☐ KidSki \$25.00

☐ General donation (specify amount \$_____)

☐ Youth donation (specify amount \$_____)

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__*

Mail to: Madison Nordic Ski Club ❄ PO Box 55281 ❄ Madison WI 53705



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

Local Snow

We'll have open skiing
at Tyrol Basin Ski Area
on weekend mornings
Dec. 4, 5, 11, and 12
from 8-10 am.

Tracks will be set!
Don't forget the Tuesday
Night Races at Tyrol on
Dec. 7, and 14, at 7pm.

MADNORSKI News

News for members of the Madison Nordic Ski Club

November 2004 Vol. 24 No. 3

Season Greetings!



Dirk Mason and Walt Meanwell

Or should we say “Seasons Greetings”, now that is the Holiday *and* Ski season. Just how do Nordic skiers handle both? Having that second slice of pie is too easy, but boy was it worth it! Now that we have worked off the Thanksgiving feast it is once again time for the bountiful MadNorSki Potluck.

Thank goodness the Nordic crowd knows how to make deliciously healthy food. Then again, I don’t know about those crickets. Who has the dietary info on that? Never have I seen a table full of so many salads than at the annual Potluck.

While I was loosening my belt after that second slice on Thanksgiving, several MadNorSkis were waxing up for an extra 20k. MadNorSki was represented at West Yellowstone and Silver Star. Hopefully we can watch some slides of the recent skiing action and hear some stories from those that were out on their skinny skis. If you have any photos you would like to share, please bring them.

The Demo Days trip is being organized and the loose ends are coming together. There may still be a couple of spots left, contact Paul Matteoni at 242-1549 or matteoni@tds.net for details. The next club trip will be on December 18/19 to the snowy UP for a weekend of skiing/ racing. The focus hotel is AmericInn located in Ironwood. Contact them for a discounted room rate. We will be racing at Wolverine and relaxing on other area trails.

Are you wondering about the Capitol Square Sprints? Interested in volunteering on behalf of MadNorSki? Your help would be greatly

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Madnorskis young and old greet the season’s “first snow” at Tyrol Basin, near Mt. Horeb. Starter David Bell (left) enjoyed sending racers up the hill. For more, see page 5.

December Club Meeting Monday, December 13th

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: Pot Luck/Picture Show

Libations: Refreshments will be served!

Children: Limited child care and games will be provided.

A World Loppet adventure bridges boundaries

Scott Ackatz

I've dreamed of doing all the World Loppet races ever since my first Birkie. Tony Wise came up with the idea of an international ski race series to bring skiing countries closer together and to promote peace and skiing. I decided that the first stamp in my World Loppet passport would be the Keskinada Ski Marathon in Ottawa, Ontario, Canada.

That weekend would be true to Tony Wise's vision, because I would realize just how small and close-nit the Nordic Ski world is. To have a stranger come up to me and say, "Hey, Madnorski!", my reply "are you from Madison?" was returned with "Heck no, I'm Canadian! But you Madnorskis have a great web site!"

The Keskinada weekend consists of a classic race on Saturday and a skate race on Sunday. The races are held in Gattinau Park—a beautiful national forest right at the edge of the city. The course consisted of long climbs and long thigh-burning descents. With a reputation of brutally cold weather I opted to do the classic race.

True to form, crazy weather was a big part of Saturday's race. 28F at the start, the snow forecasted for the morning turned out to be 3 inches of accumulation in a 15-minute period. The snow started at the 5k mark—I could barely see the skier in front of me. At the halfway point it cleared and the temp dropped to 10F; wind-blown snow covered the course.

The race was listed as 50k; at 48k I pick up my pace so as not to leave anything on the course. At 50k, total depleted of energy... a food stop! "Another 3K to go" they tell me. "You've got to be kidding", I thought. Barley able to stand on my skies for the last few kilometers—a smile from Bekie Scott during her cool down got me across the finish line.

People who have done other World Loppet races told me that the Keskinada is one of the most poorly organized. I realized what they meant as I finish the last 200 meters with



Scott Ackatz (right) with Stanislav Rezac (left), and Jiri (George). Ackatz bridged several boundaries last year when he befriended the Czechs at Canada's Keskinada ski marathon and began an international ski adventure that ended in Hayward, WI.

a gang of kids. The equivalent of the Barniebirkie took place during Saturday's race and shared the same finish line.

The true international brotherhood of skiing became evident to me on Sunday. Exhausted from the classic race on Saturday, I decided to be a spectator and found a good hill to watch the racers climb. A touring skier that I passed earlier caught up to me and we struck up a conversation. I inquired about his accent, he replied, "I'm from

***I thought to myself,
who comes to America
without having all their
travel plans in place?***

the Czech Republic." English-speaking friends call him George. Jiri is his Czech name. He had a friend doing the race, and as we waited for the leaders to pass through, I mentioned that I drove to Ottawa from Wisconsin and was driving back to Hayward for the Birkie. George stated, "Yes, my friend Stanley is also doing the birkie." After

some more small talk, he asked me if I could give them a ride to Hayward. I thought to myself, "Who comes to America without having their travel plans in place?" He said they were good drivers and would help pay for gas. I thought about it; it would be a tight fit, but what the heck, it would be great fun! A minute after I agreed to help, the lead pack was in sight. As they crested the hill George calls out "Stando! Stando!" and hands a feed to Stanislav Rezac, the winner of yesterdays race and soon to be the winner of that day's race.

"That's the other hitchhiking friend," I thought? Two weeks earlier I was able to get a hold of some video of the 2003 Swedish Vasa Loppet. That year's 90k race came down to an exciting sprint finish between a Swede, a Norwegian and some Czech guy named Stanislav who finished third, .02 seconds behind. Now I was giving him a ride!

The three of us were headed through the desolate countryside north of Lake Huron in my Subaru. With our ski gear, we looked like sardines packed in a tin. George spoke a little English and Stanislav only a few words, but we managed to talk about skiing for

Continued on page 9

2004-2005 MadNorSki Calendar



December '04

- 4,5 Open ski at Tyrol Basin; 8-10 a.m. (fee)
 9 Board Meeting; 6:45 p.m. Meanwells'
 11,12 Open ski at Tyrol Basin; 8-10 a.m. (fee)
 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
 14 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
 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.
 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 Aunt's 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
 20 Ice Age Challenge Race at Elver Park; 10 a.m. **NOTE NEW DATE IN FEB**
 26 American Birkebeiner

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
 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, Dec. 9	Monday, Dec. 13	Pot Luck	Picture Show
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

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Walter Meanwell: waltmeanwell@tds.net

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: 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!

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- A: 2224 Wild Timothy Road • Naperville Illinois 60564
- W: www.skitrab.com



Skiers find local snow in November at Tyrol Basin

Ruth Bachmeier

Rain held out and allowed the Russian Style Ski School to hold the first race in the Midwest for the 2004-2005 season with its November Sprints event at Tyrol Basin Ski Area on Saturday, November 20. Thirty skiers participated in the 400m sprint race on a rolling course of man-made snow. A qualifying heat was followed by paired finals for each category, plus an open ski.

Bryan Gastingquay and Ken Statz tied for first in the open category with a 0.49 time. Chris Lawn and Dirk Mason took the top two spots, with a time of 1.00 and 1.01, respectively in the 25-35 category. Ben Neff (1.00) and Henning Von Bauer (1.03) placed in the 35-45 age category. Bill Rattunde placed first in the 45 above category with a time of 1.02, followed by Mike Ivey at 1.03.

High school student Rachel Fanney placed first in female high school category with a time of 1.20. She was



Mike Ivey (left) and Mark Plane duke it out in their 35-45 age group heat. It was neck-and-neck until mid-way when Ivey snagged a ski in the netting and went down.

Continued on page 15

A little **MORE SNOW** would be NICE!



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January 15th

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

January 16th

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



Atomic Fischer Hammersley Stone Co. Rossignol Swix Toko

Interview with Russian Andrei Nutrichin

Career Highlights:

2003

50km Oslo, World Cup, 3rd place

Sprint Oslo World Cup, 18th place

15km Val de Fiemme, World Championship, 11th place

50km Otepä, World Cup, 14th place

2002

15km Kuusamo, World Cup, 7th place

50km Lahti, World Championship, 4th place

There is an opinion that long distance training is useless and it is more efficient to have shorter workouts but with higher intensity. Is it right?

Personally, I can not get good results without high volume. I tried it. In the years when I trained with low volume and high intensity I was always very nervous before races. It feels like I'm

very strong and can have a good race. However in reality it is false feeling. I have strong confidence in the race when I have high volume of training behind my shoulders. That is my personal experience.

Do you think is it right if your race pace decreases more than 20% during the race it is better to lower the volume and add more strength training?

That is a great way. I did a lot more strength training last year and even add some weight. I definitely got stronger but results weren't very good. My weight is 80kg right now and I can do bench press with 95kg. Last year I was 77kg and could not lift even 80kg. I couldn't do at all squats on one leg last year and this year I can do around 30. Most of my strength workouts are done using my own body weight for resistance.

What do you think about adding short sprint into workout? For example




World Cup competitor Andrei Nutrichin prepares for the Duseldorf Sprints.

15x20 sec with 2 min rest.

It is very effective workout for developing specific strength endurance. We did 25 instead 15 with the national team twice a week starting in mid June. Once in a while we have brake from this workout.

Continued on page 10



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Membership Update

Scott Bachmeier

If you read the November 2004 issue of MadNorSki News and/or attended the first Madison Nordic Ski Club meeting in early November, you no doubt already know about the newly upgraded membership services as implemented by our technically savvy webmaster Joe King. So how has this new online registration system been working out so far? Complaints from the members bold enough to try it out have been few to non-existent, and conservative estimates rank the increase in MadNorSki membership services (quality, timeliness, and accuracy) to be around 100%.

As the following screen capture shows, as of 18 November 2004 the Madison Nordic Ski Club is now 273 members strong, with 125

Families, 137 Individuals, and 11 Junior memberships. 220 of you members have renewed your



MadNorSki Member Management

Report on Members

[Main Menu](#)

Memberships by Type

Paying	Courtesy	Family	Individual	Junior	Total
273	41	125	137	11	314

Memberships by Standing (paying members only)

Expired	Not Paid	New	Renewed	Publish	Email
72	13	53	220	165	

membership dues, and we have gained 53 new members so far (sadly, 13 of you have not paid yet, but we know where you live...).



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most of the trip. They complimented my driving and gave me the nickname Niki Lauda, after the Finnish Formula One driver who was severely scarred after a fiery crash. Most of the English Stanislav knew related to skiing and training; heart rate, intervals, hill repeats, LT threshold, Russians, Norwegians, and so-on. He was able to describe his training, and I could understand it. Being in the Russian Style Ski School, I asked him what he thought about Russian training methods. He rolled his eyes and said, "Very, very difficult. They train really hard." But when he wrote out a training plan for me, it wasn't that far off from what Yuri prescribes.

Four hours into the trip we refueled and switched drivers in a remote Canadian town. The convenience-store portion of the gas station consisted of a small fridge with drinks and prepackaged sandwiches from Winnipeg—thousands of miles away. Stanislav bought two awful-looking chicken patty sandwiches in spite of my warnings. "Calories-in calories-out", I thought.

George took over as driver—it turns out they don't have automatic transmissions in the Czech Rep. His first mistake was hitting the break, thinking it was the clutch. Thankfully, we weren't going too fast as we jerked to an abrupt stop. Second mistake George made was thinking the 3 was the high gear on the D, 1, 2, 3, dashboard read out. We got everything sorted out before we hit the highway heading towards Sault Ste. Marie.

Planning on traveling alone, I had over-packed for the trip. I still had my roller skis in the car along with rock skis, a winter sleeping bag and other survival gear. So along with their stuff, my Subaru wagon was packed to the ceiling as we came to the border.

An American bringing two foreigners into the United States is a prime target to have their baggage rearranged. Questioned at the guard's window after giving the proper papers, "... How long have you known the foreigners." "ahhh ...two days". The Guard quickly replied, "Sir I'm going to have to ask

you to pull your car in the first garage (forbidding and widow-less), when the door opens, pull in and don't get out of the car until we tell you to." The guards that greeted us were straight out of Gestapo school—leather gloves and polished boots with the trousers tucked in, accompanied with unfriendly homeland security conversation.

Once out of the car, our pockets were emptied; I was told to take a seat and told to keep my hands visible at all times. George and Stanislav were taken to the main office. One guard became friendly after he saw the ski gear, he turned out to be a fellow skier. He

***Once out of the car,
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visible at all times.***

asked if I ever did the Traverse City Marathon. Unfortunately he was able to warn his partner what klister was before he touched the contents of the tube! They unpacked and opened every bag; but they have a job to do and it's reassuring to know that they do it well. So after a 1.5 hour delay we were off to Marquette, MI, finally reaching the Nordic Bay hotel at 9 p.m.

My first time Skiing with Stanislav was at the Blueberry trails—he strided and I skated, we skied together until we got to the classic-only trails. I told him these were great classic trails, which he understood, but he pointed to the combined skate/classic trail, wanting the company of skiing together. He told me I was a good skier but then pulled me aside and did the universal jester for hips forward. "I know...", Yuri

hounds me about that too; I'm working on it!

The one thing that impressed me the most about Stanislav was that he was a simple down-to-earth guy. I know back-of-the-pack skiers that have a bigger ego than he has.

When we arrived in Hayward, his host family Bob and Deb Aaron invited me to stay with them. I was originally going to stay at a place one hour south of Hayward. Bob also got preferred-parking passes for hosting Stanislav, which meant no busses. This trip just kept getting better and better!

After a few days on the road I was able to understand Stanislav and George pretty well. We joked that George would interpret Stanislav to me and that I would interpret George to other Americans. Wednesday, Bob, Stanislav and I skied out of Fish Hatchery. Stanislav's warm up was a medium pace for Bob and me. When his warm up was over he quickly vanished into the woods not to be seen for another hour. During our cool-down we did glide tests and traded skis. We both ski on Atomics; he was impressed with the speed and structure of my skis, (thanks Sepp)! Thursday night they wanted me to join them at the VIP dinner. A Slovak, Jurai Burgos, joined us.

As we drove there Jurai asked what part of Canada I was from. I was wearing a hat with a Canadian ski team emblem on it. I replied I was from Madison, Wisconsin. Again, the small tight-knit ski community surfaced. He commented, "that's near Stoughton, right?" How many Slovaks know where Stoughton is? Jurai skied for Rossignol and had stayed with Madnorskis Brent and Lori Wesolek for a week.

At the dinner we sat at the Atomic table with Justan Wadsworth, Patrick Weaver, and a couple from Duluth, who spoke Russian, so they could communicate with George, who also spoke Russian. Jurai spoke fluent English, which came in handy when Stanislav was invited up to the podium to accept a red bib signifying second place in the overall point's race—FIS marathon Cup. Jurai interpreted when they asked Stanislav if he would win

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KidSki 2005!

Mark Webber

This winter season KidSki will shift from weeknights to daylight hours. Our group will meet on Sunday afternoons at 3:00 pm at Odana Golf Course. Official start date is January 9, 2005, but if we have snow sooner we may have some informal outings prior to that date. We may use Elver Park and other local venues for some variety. Travel plans include a short bus trip, especially in the early part of the season, if the Madison area is "snow-challenged."

Our focus is fun, exercise and social interaction for ages 4 and up. We will have a short indoor social time following our outings—everyone bring one indoor game (including cards or puzzles). Hiking / Orienteering / Ice Skating are potential activities if snow arrival is late. We will have a minimum temperature (wind chill) requirement—probably 15 to 20 degrees F so participants are not exposed to dangerous conditions.

Rental equipment is available from the Park District, although KidSki is building an inventory of equipment as well. Cost is \$15 per individual or \$25 per family (same as last year). New participants receive ski hats. Our season runs every Sunday during January and February, but participation every week is certainly not required. We finish things off with an "End of the Season Pizza Party" in early March.

Contact Mark Webber (w) 245-7019, (h) 831-7803 or webber@chorus.net for more information / registration

Andrei Nutrichin from page 7

What is your hobby?

I like to hunt. Yesterday I went with Vasiliy Rochev and we shoot 10 ducks. Today I cooked soup. It was good.

How do athletes train on the national team? Do they follow training plan exactly or they base training on personal feelings and experience?

Everyone has almost the same training plan however workout effect is different for everyone. Each athlete decides with the coach individually how to follow training plan more effective (do or not to do certain workouts, increase or decrease intensity etc). That is the reason why actually you need a coach. Many of you can say that I know enough to coach myself but I'll tell you that more I know more I learn. Before Olympic Games in Nagano I followed training plan one to one and end up in hospital. I was overtrained. I could not even think about workouts. I was getting sick very often and could not sleep at night.

What do you focus on during workout?

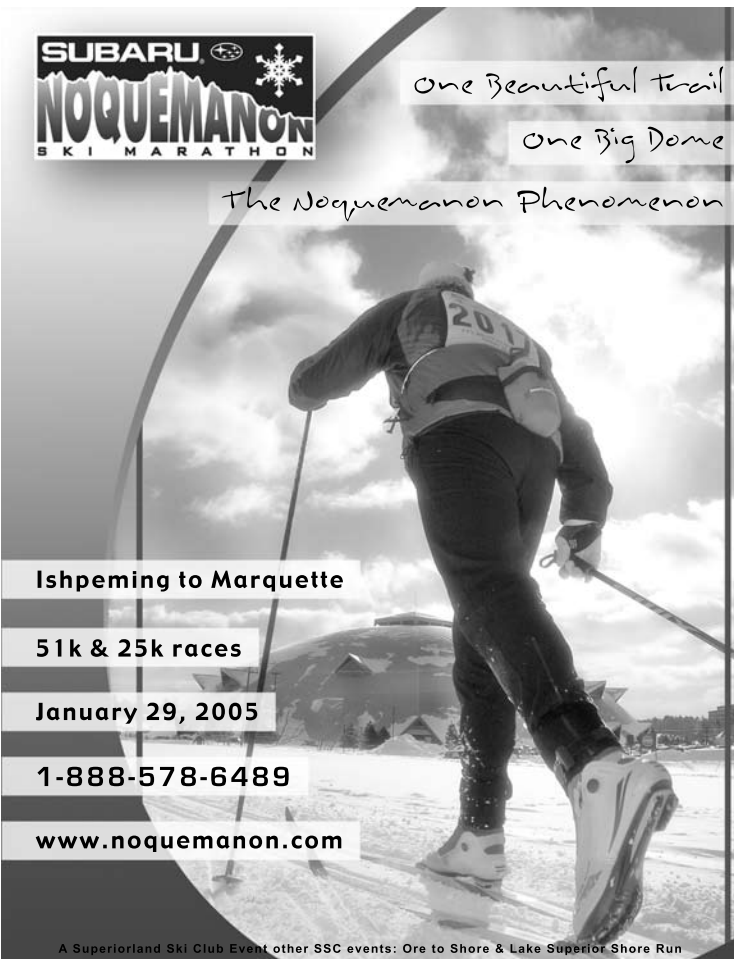
First of all I'm thinking all the time what is happening with my body during workout. Aleksey Prokurov told me in 1997 "Listen your body". No one will know what is happening except you. Sometimes athletes follow training plan and not paying attention to the body. They think that they have a great coach and he will take care of everything. Later on, winter comes and it's time to race, but there are no good results. Who's that mistake? Athlete? Coach? I would say both. Coach loose control of the athlete and athlete is fool. I had that and many other good skiers too.

What do you think about food supplements?

I take usually vitamins. I have a feeling that most of the food supplements going in nowhere. I don't think that it will help much. Workout is the most important component of the training process. That is what you need to focus on.

Do you use skate ski imitation and do you lift weights?

The best way to work on skating is roller skiing. It is very hard to do skate ski imitation with poles technically right. Classic ski imitation is great to work on classic technique. If I have chance to lift weights I do that, but mostly I'm using my body weight for strength training.



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Capitol Square Sprints Schedule

JANUARY 15TH, SATURDAY

10.30 am-1.30pm – Open Ski & Demo (UW Children's Hospital Fund raiser)

1.30 pm-3.00 pm – Official Training (SuperTour & JOQ Athletes Only)

3.30 pm-6.30 pm – High School Sprint Relay

6.30 pm-9.00 pm – Citizen Skate Race

9.00 pm-11.00 pm - Open Ski & Demo (UW Children's Hospital Fund raiser)

SOCIAL EVENTS SCHEDULE; JANUARY 15TH, SATURDAY

12.00 pm-7.00 pm – Winter and Outdoor Sports Expo (Concourse Hotel/Race Headquarter). Presenters: Rossignol, ToKo, Fischer, Swix, Tyrol Basin Ski Area, Russian Style Ski School, Silent Sports, Master Skier, MadNorSki Club, MadNorSki Juniors, Blackhawk Ski Club, UW-Health, Atomic, Subaru Factory Team

3.00 pm-6.00 pm – UW Sports Medicine and Rehabilitation specialists consultations (open for all Capitol Square Sprints participants) (Concourse Hotel/Race Headquarter)

7.15 pm-7.50 - U.S. Ski Team & U.S. Disabled Ski Team Presentation (Concourse Hotel/Race Headquarter)

8.00 pm-10.00 pm – VIP Dinner for Sponsors, Race Officials and Elite Athletes (Concourse Hotel/Race Headquarter)

8.00 pm-10.00 pm – JOQ/High School Dance Party (Concourse Hotel/Race Headquarter)

JANUARY 16TH, SUNDAY

12.00 pm-12.30 pm – Opening Ceremony

12.45 pm-1.05 pm - Women's qualification

1.08 pm-1.38 pm - Men's qualification

2.00 pm-2.15 pm - U.S. Disabled Ski Team 3km mass-start (men and women)

2.30-3:30 pm - SuperTour Quarter-finals, Semi-finals and Finals

4.00-5:00 pm - JOQ Quarter-finals, Semi-finals and Finals

5.25 pm-5.30 pm JOQ winner's presentation

6.00 pm-7.00 pm Citizen Classic Sprint

7.00 pm-8.00 pm Open Ski

Crossing Borders from page 9

the Birkie. His reply was he hoped to get top 10 and predicted that Giantonio Zanetell would win.

When I crossed the line on Saturday, The leader board listed Zanetell as the winner and Stanislav Rezac in 2nd place. It was a bunch sprint at the finish with 4 Italians in the mix. Stanislav was boxed in by three of them, and wasn't able to get free in time to make a charge up to Zanetell. But he was still thrilled to get second. The only disappointment of the day was at the awards banquet; he couldn't understand why the U.S. government took a third of his prize money.

I dropped Stanislav and George off at the Birkie office Sunday morning were they hitched a ride to the airport with the musical entertainment from the night before. Stanislav sat in the front seat of a rusted out old van, with George in the back sitting on a big amplifier. I hope they made it home, because they offered me a place to stay when I come to the Czech Rep. to do the Jizerska 50, World Loppet Marathon, the next race in my World Loppet adventure. The friendliness and ski solidarity of all the international skiers I meet last year: Katrin Smigun of Estonia, Jurai Burgos, Slovak Republic, George and Stanislav of the Czech Republic. Along with Madison international Sepp Candinas and Yuriy Gusev have inspired me to travel to their countries this winter to take part in most of the World Loppet races. Life is short, but the planet is small, so why not try to ski all of it?



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2005 MadNorSki Elver Race Series *Sponsored by Don Miller Subaru*

Ned Zuelsdorff

The 2005 MadNorSki Elver Race Series kicks off on Tuesday night, January 4. The series includes six subsequent races on Tuesday nights through February 15 leading up to the second Ice Age Challenge scheduled for February 20. Don Miller Subaru is again sponsoring the club's race series for the fourth year. The sponsorship covers many of the costs associated with the races and helps us hold safe, quality and fun events. We are grateful to Don Miller Subaru for their continued interest and help in the club's efforts.

All races will be held at Elver Park on Madison's west side. Skiers will usually have a choice of 5K or 10K distances, using either classic or skating techniques. The format and course will vary each week. Classic skiers will have a separate start when mass starts are used. Some races may use wave or individual interval starts. Registration will be held in the park shelter from 5:45 to 6:45 pm with a race start at 7 pm.

We hope to provide a great event for skiers of all ages and abilities. You can be as serious or as casual as you choose. Serious racers can use the series and the returning Ice Age Challenge in preparation for the Birkebeiner which is scheduled for the following weekend on February 26.

For newer racers, we will hold two "First-Timer" races on January 11 and 18. 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.

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.

Races will be

electronically timed. Results are emailed to subscribers of the listserve and posted on the club's web site, www.madnorski.org/club/raceresults.html.

Fees for single races will again be \$6 and \$8 for adult members and non-members, and \$3 and \$5 for student (including college) members and non-members. Series registration will be available for the seven races at \$25 and \$40 for adult members and non-members, and \$12 and \$20 for student members and non-members. Skiers registered for the series will be able to pick up their race bibs without having to wait in line on race night. Series registration will be available at the December and January club meetings, and the first two race nights. All proceeds from the race series will be used to promote skiing and improve trails in the area.

For more information contact Ned at 608/231-1876 or nedz@chorus.net.

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MadNorSki Ice Age Challenge II

Returns February 20, 2005

The Ice Age Challenge II will be the finale of MadNorSki's 2005 Elver race season. This will be chance for newer and seasoned skiers to tackle the hills and hollows of Madison's Elver Park, on the eastern fringe of the pre-historic Ice Age Trail. Birkie racers can use the race as the final tune-up practically right in your back yard. The race is sponsored by Don Miller Subaru in Madison.

Skiers will have a choice of either a 5K or 15K freestyle and classic race. Race time is 9 AM for the 5K, and 9:30 AM for the 15K race. The 5K race will also include a relay option for high school students where times will be totaled for the top three racers on each team.

Just change your ski boots for running shoes if the Snow Gods don't cooperate and the show goes on. An alternative 5K and 8K trail run will be held if ski conditions are poor.

Registration information for the 2005 Ice Age Classic is available at www.madnorski.org. Race fees are \$12 for students, \$20 for adults received by 8 PM on February 19 and on-line registration is free. Race day registration will be \$17 for students and \$25 for adults. Entry forms can be downloaded and mailed. Registration is limited to the first 200 registrants with t-shirts going to the first 125 registered. For more information contact Ned at 608/231-1876 or nedz@chorus.net.

Season Greetings from page 1

appreciated. Many MadNorSkis have been working hard with Yuriy Gusev prepare for this unique event. Check out www.capitolsquaresprints.org for a detailed schedule.

Yes, you can race, ski and volunteer! Volunteering will consist of two 2-hour shifts per day (Saturday and Sunday). We are looking for volunteers for several positions. Limited training is involved for some positions. This may be your opportunity to get up close and personal with future Olympians. Some of the volunteer spots include course marshals, technique control, set-up, course stewards, start and finish areas, security to restricted area, many others to choose from. Oh, did we mention volunteers will get a cool event jacket and volunteer party on Sunday night? Contact Pete Anderson or Yuriy Gusev to volunteer. They can be reached from the volunteer page on the Capitol Square Sprints web site. Come out and enjoy a weekend of skiing around the square!

See you on the snow.

November Meeting Silent Auction Winners

**Jim Coors won the CAT skis.
Thanks Dale Niggeman
and catskier.com!**

**Dace Robb won the Ski Trab
skate skis. Thanks to Joe
Gollinger and Ski Trab USA!**

***Come prepared
to bid on more exciting
items at the
December meeting!***

Classifieds

Trek 5200 Carbon Road Bike.
\$1899! New. 2004 model. Size
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Local Snow from page 5

followed by Corrina Jones at 1.23. Bryan Garfoot won the high school male category with a time of 1.04, followed by Jeff Schacherl at 1.07.

This is the second year the Russian Style Ski School and Coach Yuriy Gusev have sponsored this event (www.rsss-usa.com/November%20Sprints/November_Sprints.htm).

This winter, the Madison Nordic Ski Club will take advantage of man-made snow at Tyrol by sponsoring an early-season Tuesday night race series at Tyrol Dec. 7 and 14. Skiers can also take part in an open ski Dec. 4, 5, 11 and 12. In January, the Tuesday night race series returns to Elver Park. Please see more information at www.madnorski.org.

(Clockwise from top left)

Madnorskis of all ages enjoyed pre-Thanksgiving snow without a six-hour trip to the U.P. thanks to Tyrol Basin Ski Area and the Russian Style Ski School.

Emma Larson found her own way to enjoy the atmosphere. Most of the under 12 crowd came home soaking wet.

Bryan Garfoot and Noah Kenoyer treat the crowd to a staged heat that ended in a pre-planned photo-finish.

"Minster Klister", a.k.a. Galen Kenoyer, thumbs-on his first layer of Red klister. Classical technique was an option used by many this year after Sepp Candinas used it with success in last year's event.