



# 2004-2005 Membership Form

(We encourage you to sign up on-line at [www.MadNorSki.org](http://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 \$\_\_\_\_\_)

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*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

## Don't Miss the Ice Age Challenge!

Sunday, February  
20, at Elver Park in  
Madison. See page 8  
for details on the 5k  
and 15k events.

Cross-country Skiing for Everyone ❄️

# MADNORSKI News

News for members of the Madison Nordic Ski Club

February 2005 Vol. 24 No. 5

## MadNorSkis Debut Capitol Square Sprints in Style



**Dirk Mason and Walt Meanwell**

What was your first thought when you heard that there was going to be an Olympic qualifying ski race to the streets of downtown Madison? The vision of Nordic skiing was taken to a new level with this one! From the hand-made cinder-block fence posts to the ads in the *Isthmus*, the Capitol Square Sprints was a production. Our

local visionary and fellow MadNorSki Yuriy Gusev, Director of the Russian Style Ski School and the energetic and committed Sepp Candinas of Sepp Sport pulled together to form the driving force that made this event possible.

That direction combined with the enthusiasm of many MadNorSki members who volunteered countless hours under frosty conditions. Your support and dedication to Nordic skiing allowed the Capitol Square Sprints to become a reality. We are very proud of the effort put forth by the dedicated members of MadNorSki. Many of you went above and beyond the call of duty working hours on end.

You know who you are; Thank you!

Madison Nordic Ski Club is on track to host over ten races this season ranging from the early-season sprints at Tyrol Basin, the Ice Age Challenge on February 20th, and the above-mentioned Olympic qualifier. We have also offered over six open-skiing events and are now providing lessons weekly. You have helped make all of this possible. The diverse, dedicated and passionate members of the club are what make MadNorSki successful in promoting Nordic skiing in Madison and throughout the Midwest.

We are very proud to be a part of this organization and know you are as well.



A heat of high school girls step through corner one at Carol and Main Streets. The sprint format provided convenient spectating for those that braved the cold. The high temperatures in the single digits was great for racers and kept the tracks firm. Local high schoolers got a chance to race in their front yard while the students from "up north" put in a long drive for a change. See articles and photos throughout the newsletter for more details.

## February Club Meeting Monday, February 14<sup>th</sup>

**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.

**Theme:** Birkie stories

**Agenda:** Junior fund raiser

**Children:** Limited child care and games will be provided.

# A "Capitol" Idea

Walt Meanwell

Opening up the course to the public proved very popular. Skiers ranging from age 2 to 80's participated in a variety of events over the weekend. Over 300 citizens came out for the open skiing events. The attics of Madison flushed out some highly unusual ski garb and equipment for this one. From lycra to lederhosen the locals came in all colors. The variety and quality of the various events was very good.

The Wisconsin high school state championships went well; our young-adult skiers did extremely well in the high school state championship races which they and their coaches can be very proud of. The usual suspects were assembled for the two citizen races and the motley crew again acquitted themselves well. Finally, seeing the Junior Olympic and Olympic team hopefuls compete was exciting. Hosting some of the top Nordic skiers in the nation for the Olympic Qualifier was exciting, and you could not help but be inspired by the athletes of the U.S. disabled team. Everyone seemed to enjoy skiing in the shadow of the capitol dome.

All of this required a great deal of work



*MadNorSki volunteers fly into action releasing bindings of competitors after the finish line. Volunteer "Chiefs" headed up specialized teams ranging from start and finish-line crews to technique control. Course set-up and tear-down crews worked through the night.*

from many people. From the sponsors to the volunteers to the manual labor and big machinery, many committed and talented souls helped out. There are too many to mention and there are so many moving parts to an event like this that doing justice to each is beyond the scope of a newsletter article. The event was well covered in the local press and by the local T.V. stations so you have a sense of how it went already. *Silent Sports* magazine will cover the event in-depth. To really get a feel for what it was all about and what it entailed you had to experience it.

Several feelings were brought about by

this event. There was the excitement of the photo finishes at the Olympic qualifiers and the fear of messing up the timing. The satisfactions of seeing the course at sunrise and sunset overwhelmed the exhaustion of course set up and take down. The pre-event dread of the pending workload was eased by the faith in the talents and skills of the many volunteers. The worry of screwing up paled in comparison to the joy and excitement on the faces of the high school racers. Yes, this event did bring about many feelings. Mostly though, I just feel glad that it's over.



*Chief of Technique Control Dirk Mason confers with Assistant Chief of Competition Duncan Bathe over the stationing of volunteers.*



*Citizen skiers climb over the "Findorf Bump" during the Open Ski. The tunnel allowed spectators access to the inside of the course and created an exciting obstacle for the skiers.*

## 2005 MadNorSki Calendar



### February '05

- 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.  
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, Feb. 10	Monday, Feb. 14	Birkie stories	Juniors fund raiser
Thursday, March 10	Monday, March 14	Racing wrap-up Pot Luck	Election of officers

## Silver Skiers Hard at Work

### Greg Jones

The Silver skiers have been meeting twice a week. Earlier in the year we did some dry land training for lack of snow. We had some strength workouts where everyone worked very hard. We used a slide board, a roller board, free weights, jump ropes, elastic bands, and of course, Yuriy's bungee cords. Since we got our big snow storm we have been on skis at least twice a week. We have had to resort to a football size patch of snow at Odana golf course after the drenching rain, but it has provided us with good technical workouts.

We are looking forward to the center piece of our ski racing season, the Middle School division at the Wisconsin high school championships. It will be held this year at the Schwan Center just north of Spooner Wisconsin. It will involve two days of racing for us on Friday and Saturday February 11th and 12th. There will be

both a skate race and a classical race for all participants.

I would like to introduce the team to you all. That is in case you missed us coming in and descending on the ice cream table from our ski at Lake Farm Park before the January club meeting. We have seven boys and two girls on the team. The girls are Zoë Delain and Cauley Meurer. The boys new to the team this year are Ryan Stickley and David Rasmussen. Returning to the team from last year are Zack Eskrich, Mike Becker, James Foust, Jake Tantow, and Birken Schimpff. You may have seen Birken racing around the Capitol Square as a J2 competitor in the Junior Olympic Qualifier competition. He will also be skiing in his second Kortelopot this year.

If you see us on the trail with our distinctive silver and black hats, wish us well. We always appreciate all that the club and its members do for us.

## Having fun on snow? Let us know!

Please send us an article for the newsletter!  
Email Ben Neff at [benn964@aol.com](mailto:benn964@aol.com) for details.



## 2004-05 Board

### Presidents

Dirk Mason: [ddmason@charter.net](mailto:ddmason@charter.net)  
Walter Meanwell: [waltmeanwell@tds.net](mailto:waltmeanwell@tds.net)

### Vice President

Tom Kaufman: [runski@charter.net](mailto:runski@charter.net)

### Treasurer

Duncan Bathe: [bathe@sbcglobal.net](mailto:bathe@sbcglobal.net)

### Membership

Walter Meanwell: [waltmeanwell@tds.net](mailto:waltmeanwell@tds.net)

### Publicity

Kristi Wagner: [kwagner@uwcu.org](mailto:kwagner@uwcu.org)

### Race Directors

Ned Zuelsdorff: [nedz@chorus.net](mailto:nedz@chorus.net)  
Joe King: [jking@pdafit.com](mailto:jking@pdafit.com)

### Advertising/Promotions

John Riley: [john\\_riley@trekbike.com](mailto:john_riley@trekbike.com)

### Newsletter

Ben Neff: [BenN964@aol.com](mailto:BenN964@aol.com)

### Youth Ski Chair

Greg Jones: [jones6601@ameritech.net](mailto:jones6601@ameritech.net)

### KidSki Chair

Mark Webber: [webber@chorus.net](mailto:webber@chorus.net)

### Social Director

Gordy Barthowome:  
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### Webmaster

Joe King: [jking@pdafit.com](mailto:jking@pdafit.com)

### WNSF

Walter Meanwell: [waltmeanwell@tds.net](mailto:waltmeanwell@tds.net)

### Trips

Walter Meanwell: [waltmeanwell@tds.net](mailto:waltmeanwell@tds.net)

## Classifieds

Toko Nordic Ski Wax Iron. 1000 watts. Original price \$110, for \$55.

Tom Palmer ph. 608-332-1897

### Got something to sell?

E-mail your classified ad to Ben Neff at [benn964@aol.com](mailto:benn964@aol.com).

# ***Ferrari. Lamborghini. Maserati...***

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# **SKI TRAB**

For more information, contact

► Joe Gollinger

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W: [www.skitrab.com](http://www.skitrab.com)



# Meet New MadNorSkis: Jeff and Noreen Poirier

Each month we want to profile a new club member or two. If you have suggestions, please forward their names to Tom Kaufman.

Jeff and Noreen Poirier moved to Madison several years ago from Massachusetts. Noreen is a physical therapist and the Inpatient Therapy Supervisor at UW Hospital. Jeff, a chemical engineer and materials scientist, is Director of Hearing Aid Battery Technology at Rayovac. Being new to cross country skiing in Wisconsin, Jeff and Noreen joined the club to meet some new people with a skiing interest and to learn more about skiing in the Midwest.

With their East Coast background it only makes sense that the Poirier's favorite ski destinations are the Jackson Ski Touring Foundation and Bretton Woods in New Hampshire. Here they could find ample snow, mountains and wonderful terrain only hours from their house. With any luck, we'll be able to introduce them to some great ski spots in Wisconsin (maybe only minutes

from their house).

Jeff and Noreen grew up on Alpine skis and were introduced to skinny skis seventeen years ago. Noreen prefers classical skiing while Jeff has begun to perfect his skating. Indeed Jeff started skating a year ago on a pair of V2 Aero rollerskis. He clipped into a pair of Atomic skating skis for the first time this past December. Given the paucity of snow in southern Wisconsin these past few winters, Jeff figured he could augment his cycling and running easier on rollerskis than on snow. While this might be true, we are all hoping to get Jeff and Noreen out to some of our favorite haunts this winter. Tyrol is fine for climbing and descending but Jeff and the rest of us are anxiously waiting to ski on some more "rolling" terrain.

Jeff and Noreen have made the most of their time in Madison. Noreen spends her recreational time alpine skiing, running, hiking and snowshoeing. Jeff leaves the alpine skiing to Noreen while he cycles and runs regularly. Jeff is also an avid woodworker.



*Silver Star offers beautiful views, in addition to great snow, grooming and skiing.*

After work and training sessions, the Poiriers enjoy dining at Otto's and Magnus. They have found the club meetings informative and entertaining (thanks Walt and Dirk) and Jeff picked up on some dandy Bike Doc schwag in December. We are all delighted to welcome Jeff and Noreen as new MadNorSkis. Next time you see them at the meeting or out on the trail be sure to say "hi".



## When will the snow come?

## Don't worry

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# Kudos to Capital Square Sprints Organizers!

*This letter (at right) from the Central Cross Country Ski Association and the letter below from the U.S. Ski and Snowboard Association, were sent to Capitol Square Sprints organizers following the inaugural event on January 15, 16, 2005. The vision of Yuriy Gusev and Sepp Candinas gave Nordic skiers and all of Madison a special gift. Not only racers, but citizen skiers of all ages walked up to the course with skis in hand to participate in the open ski sessions and equipment demo's. Similar to many urban ice skating rinks, the venue included music, spectators, and in this case, a stunning setting beneath the state capitol. These letters demonstrate how cross-country skiing officials perceive this event in a context with similar events around the world. Nordic skiing is a very small sport in our large country; we need to thank Gusev and Candinas for placing a shining new jewel in the crown of U.S. cross-country ski events.*

—The Editor

Dear Madison Capital Square Sprints Organizers,

The Board of Directors of Central Cross Country Skiing would like to express our utmost appreciation for your tremendous success in hosting the first annual Capital Square Sprints. It was a truly world-class event. The exposure our sport enjoyed is unprecedented in this country. The athletes, whether past and present Olympians, foreign nationals, or high school teams, agreed to the excitement and energy generated by this down town event. All of the media coverage attested to the interest generated by skiers and non-skiers alike.

Central Cross Country Skiing and the United States Ski and Snowboard Association look forward to many years of coordination and participation in the Capital Square Sprints.

Warmest Regards,

Dennis Kruse   Scott Wilson  
CXC President   CXC Race Director

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January 21, 2005

Dear Yuriy, at the U.S. Ski and Snowboard Association, we strive to be the best in the world in skiing and snowboarding by 2006, and aim to do so by fielding and maintaining teams of world-class athletes. To make that vision a reality, we depend on leaders within our ski community, at all levels of the development pipeline, to believe in, support, and promote that vision. Your hard work and dedication to the sport is extremely valuable, and has had a positive impact on our teams, and the athletes of the U.S. Ski Team.

The effort that you and your team undertook to organize the Capitol Square Sprints SuperTour was both outstanding, and inspiring. I'm sure it was incredibly satisfying for you to see your vision become a reality, and I know it was equally satisfying for the competitors, who had the opportunity to perform in a venue like none they'd ever performed in before. The combination of your dream and the hard work of you and your team has provided an opportunity for our athletes which, I'm sure, will be special and inspiring for many winters to come.

The spirit of you and your organizing committee has also shown that you will be an inspiration for other event organizers around the country. You've shown what it means to think big, to put those thoughts into practice, and to come out the other side renewed, and thinking even bigger.

Every so often, when the appropriate time arises, I recognize our community leaders and friends on a formal basis by recognizing our Ambassadors of Excellence. You are the latest individual to be recognized in this way, and I congratulate you.

Best Regards,

Luke Bodensteiner  
Nordic Director  
U.S. Ski and Snowboard Assoc.

*Following these comments from Bodensteiner was a listing of 42 Cross Country Ambassadors of Excellence including Bill Koch, Kris Freeman, Bruce Adelsman and Sten Fjeldheim, among others, with Gusev's name the latest addition.*



*Russian-Style Ski School proprietor, MadNorSki and race promoter Yuriy Gusev directing action on the Square.*



# Choosing the Right Wine, er, Wax

## **Dirk Mason & Duncan Bath**

The Nordic Wine Enthusiasts (NWE) carefully mulled over several wines. These seven picks were the “big guns” worth noting. Enjoy with our recommendations and keep on gliding.

### **2003 Toko du Valais—Switzerland** Imported by Sepp & Yuriy Brandsinc

This Swiss white is light, leafy and quite neutral. This vintage demonstrates waxing flavors of apricot, peach and grapefruit with a fluorinated bouquet and soft tannins.

### **2001 Madshus Mount Horeb Cru les Hypersonic—Tyrol Region**

This is a nice warm weather wine with a good red appearance. This Madshus has jammy plum and blackberry flavors with a not-to-subtle lutefisk nose. This wine has broad shoulders synonymous with a “Norwegian Workout” which sprints to an early but clean finish.

### **2004 Extreme White—Appellation Minnesota**

This firm white desert wine from Fast Wax Vineyard is a creative take on ice wine. The cold growing environment creates grapes that develop into a wine with a smooth glide when consumed chilled.

### **2002 Domaine de Rossignol—Xium Rottafella Region of Winter Park**

This steely white wine has a very stable platform derived from this cooler region where the wines thrive on the harsh conditions. This is not a complex wine, but has good structure for maximum performance in a variety of conditions. Green flavors of asparagus, nettles and elderflower with a slight hint of toffee are accompanied by the NNN binding textures which are the hallmark of this wine.

### **2001 Chateau le Feet—Haut Superior Blackhawk Region Controlle: Vin de Ped**

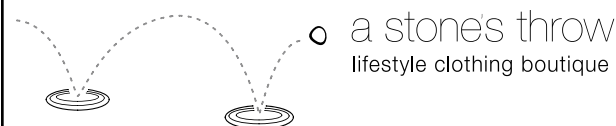
A well-grounded red that is dark ruby in appearance with long legs that go on forever. This wine has a lot of soul with complex berry, cherry flavors going on to downright farmyard earthy with a hint of Limburger. Having matured for 2 years in leather barrels gives this wine a firmness that anchors it solidly to terra firma.

### **2004 Domain de Swix “Bad Devil”—Category 8**

The 2002 performed exceptionally well at Soldier Hollow. Its deep ruby color is accompanied by impressive sweet glide and durable flavor with tiring legs.

### **2003 “Les Helix” Chateauneuf-du-Toko**

Pure sex in a bottle. A fragrant bouquet offers up aromas of speed, glide, and a hint of uncontrollability. Dense, full-bodied, and evolved, but gorgeously succulent, this is a seamless, voluptuous Chateauneuf-du-Toko.



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# Ice Age Challenge the weekend before the Birkie

**Sunday, Feb. 20, 2004**

**9:00 AM – 5K; 9:30 AM – 15K**

The Ice Age Challenge provides your final tune-up for the Birkie. Race or tour this scenic and challenging course located on the edge of the historic Ice Age Trail.

**Where:** Elver Park, Madison, WI (5 minutes south of the Beltline via Gammon Road)

**What:** 15K and 5K races, classic and skating divisions. A high school three-person team competition (5K) will also be included.

If no snow: 5K and 8K trail runs at the same time and place

**Age Groups:** 13 and under, 14-15, 16-17, 18-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**Results:** Will be posted by age group and division

**Awards:** Plaques will be awarded to the top three male and female finishers in each race, and to the first place male and

female high school teams. Separate division awards will not be given. Custom Ice Age Challenge T-shirts will be given to the first 125 skiers registered.

**Entry Fees:** \$20 for adults, \$12 for students. \$5 late fee for race day registration. Race day registration will be available from 7 - 8:30 AM. Free on-line registration is available and encouraged through 8PM on Feb. 19 at <http://madnorski.org/iceage/>. Register early as the event is limited to the first 200 people registered.

**More Information:** is available at <http://madnorski.org/iceage/> or by contacting Ned at [nedz@chorus.net](mailto:nedz@chorus.net).

**Volunteers Needed:** Please help out if you can and make the 2005 Ice Age Challenge a truly successful event. Contact Tom at [runski@charter.net](mailto:runski@charter.net).

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# Jonesy's Wax Room

## Hot Glide Waxing

**Greg Jones**

Glide waxes need to be ironed into the base for long-lasting durability. This should be done for both skating skis and the tips and tails of classic skis.

### TOOLS

The most expensive tool you will need is a good ski waxing iron. I do not recommend that you use an old steam iron with holes in the plate; it will mix your waxes. Another downfall of these irons is they have a hard time maintaining a constant temperature. Get yourself an iron made for ski waxing. You will need a thick plexiglass scraper, (5mm), the thick ones won't bend or bow while scraping. You will need a groove scraper, or a klister paddle. You will also need a couple of brushes. There are many different kinds of brushes available. You can start out with just two; a copper and a nylon brush should get you going.

### SCRAPING & BRUSHING

Always let the ski completely cool before scraping. It is best to let the ski completely cool at room temperature. When scraping, I always start with the grooves and edges first. Next, scrape the base by pushing the scraper down the ski with both thumbs applying even pressure behind the scraper. Repeat the scraping motion until no more wax comes off. Now you need to brush out as much wax as possible to expose the structure of the ski base. Brush until no more wax comes off. The wax you want for skiing is in the pores of the ski base, not on the base.

### CLEANING SKIS

You should always start with a clean base. NEVER clean your glide zones with wax remover. Skis get faster by building up layers of wax, so you do not want to remove it. Cleaning can

be done reasonably well by brushing. Vigorously brush the ski from tip to tail. If you really want a clean base you can go one step further and iron in a very soft wax, usually yellow. Then scrape it off immediately while it is still warm. When cleaning a ski with this method go ahead and use a lot of wax, drip it on (you should be using an inexpensive wax for this). There may be little microscopic "p-tex hairs" on the base that can slow a ski down. To remove them go over the base with fibertex. Fibertex looks like the green 3M scouring pads you use at the sink. Some scouring pads can leave particles behind that embed into your ski base slowing them down. I recommend that you get the fibertex pads made specifically for Nordic skis. I like to fibertex the ski in both directions. This is the only time I break the rule of always working a ski from tip to tail. I feel that going from tip to tail only could just lay the some hairs down and go over them. We want to cut them off and remove them. Use a cork or wood block to hold you fibertex pad flat.

### GETTING WAX ONTO THE SKI

It occurred to me while I was sweeping up my wax area that I throw away, as scrapings, at least 80% of the wax I buy. I have learned to apply wax more sparingly since I started using more expensive waxes. When using softer waxes (for warmer temperatures) you can simply crayon on a thick layer. When using harder waxes (for colder temperatures) I hold the end of the wax stick against the hot iron for a second and then quickly rub the hot softened end to the ski base. Repeat this until you have wax on the base tip to tail. I rarely drip wax onto the base anymore.

### IRONING WAX

Your wax iron should be hot enough to melt the wax fairly quickly. If you see smoking wax, STOP, get the iron away from the ski because it is too hot. Harder waxes require a little more heat. As you slowly pass the iron down the ski you should see molten wax covering the base behind it. The wax should re-solidify within about 2-5 seconds. The molten area should be

about 1-2 inches behind the iron. If it stays molten for much longer than that your ski base is getting too hot! Turn down your iron. It could also be that you are going over one area for too long of a time. You can ruin skis with too much heat. Believe me, I've done it.

### WAX OF THE DAY

If you want your wax to last a long time the next step after cleaning would be to apply a base prep or penetrating wax. Iron it in, let it cool and scrape it off. Then brush it until no more wax comes out. Now we need to "harden" the penetrating wax. Select a sport wax with a hardness for temperatures in the mid to low teens. Iron it in, let it cool, scrape it, and brush it out.

Now you are ready for the wax of the day. One layer should be enough. However if you are looking for your wax to last a long time you could iron in multiple layers. You will need to let the ski cool, scrape, and brush after each layer.

### FINISHING TOUCHES

When you have finished with your waxing hold each ski up to the light source and look down the base. You should not see any wax on the base. If you do, scrape it and re-brush. Another finishing touch might be to take the skis outside and let them cool to freezing temperatures and re-brush. The freezing may squeeze a little more wax out of the pores. Horse hair brushes are great for your final brushing.

### MAINTAINENCE

Whenever you get back from skiing check your ski bases for loss of wax. There should be no whitish looking areas. If there are, you need wax soon, bases will oxidize. Keep your skis clean. Keep them in a ski bag. Never put them on top of your car unprotected. Road salt and dirt will kill your ski's performance. Wax often. You will get better at it, and your skis will get faster. Even if you are not a racer, faster skis will help you get up that hill easier. Happy gliding to all!

# What do Scooter, Star, Duck, Pizza Slice & French Fry Have in Common?

## Mark Webber

They are all KidSki instructional techniques. Not only do we spend time on these; we also have fun relays and short tours. Our group of 30 kids (and an equal number of parents) really love skiing and socializing together. We meet at Odana Golf Course Sunday's at 3 pm. We accept equipment donations; so don't let a lack of ski equipment keep you from participating. We already have quite an inventory. It is never too late to join—cost is \$15 per individual and \$25 for more than one. Each participant gets a really cool ski hat, too! Contact Mark Webber at (h) 831-7803, or [webber@chorus.net](mailto:webber@chorus.net) for more information or to register.



*Kids and parents learn a new vocabulary at Odana Golf Course during KidSki.*

# 24 Hours of Telemark: The Bloody Lungs Live On

## Tom Kaufman

The 24 Hours of Telemark has been held the weekend after New Years each year since 2001. For those of you unfamiliar with the event, this race gives skiers a chance to ski individually or as a team for 3, 6, 12 or 24 hours. While the exact course has varied a bit, the race has always been held on Telemark Resort's trail system. Coming up upon its 5th anniversary, the 24T was in jeopardy of being cancelled, not for lack of snow but for a lack of a race director. Our very own Harry Spehar jumped into the breach to work with Dennis Kruse. Together along with some great volunteers, Harry and Dennis made the 2005 24T a rousing success.

Many MadNorSkis have had the "pleasure" of racing the 24T. It is hard to describe, but there is a strange sort of satisfaction from racing "all out" at 3:00am. This year one of our teams, "The Bloody Lungs", was unable to assemble our usual 6 skiers (I guess that makes 12 lungs). Rather than yield to what might seem like common sense, Chris Halverson and

I decided to have a go at the two-man 12 hour competition. We had both done a number of long races, Chris on his bike and I as a member of various road running relay teams. But neither of us had ever tried a ski race that would prove to be as long in distance or in time. We had set a goal of 100 kilometers each, not knowing exactly what that would mean from a competitive standpoint. We thought we would alternately ski single 5K laps for a time before switching to three lap segments. The three laps, we reasoned, would give each of us a chance to change clothes and get something to eat. While the three laps did indeed give each of us time to go inside briefly, it also gave the one that was skiing plenty of time to get into trouble. After stumbling inside after my second three lap stint and eating "everything I had in my room", Chris suggested we forego our original plan and just alternate laps for the last 5 ½ hours. This proved to be an excellent strategic move, with one exception. Actually with only two skiers it is impossible to talk much—someone is always skiing. Chris's wife Susan was our ace crew

chief. She relayed information back and forth between us and made sure that I ate enough.

Susan was also a key to overcoming one of our strategic blunders. While alternating laps proved effective, it also left us no time to recharge our light batteries. Nothing puts a crimp into your technique like trying to negotiate icy turns in complete darkness. Between Susan, our illustrious Harry, and Cindy Kruse we managed to sneak through six hours of darkness with only a couple of unlit K's. By 8:00pm (10 hours into the race) it became clear that we were in a battle with a pair of Hayward skiers for the lead and that we would have to exceed our planned 200 kilometer total if we wanted to win. As the 12 hour time limit drew near, we had each skied 115 kilometers and had carved out a 10 minute lead on our rivals. The snow held up amazingly well and "The Bloody Lungs" held up well enough to win our division. If you're looking for a chance to get in a good long early season ski, head up to Telemark for the sixth 24 Hours next January. You won't regret it!

# Junior Skier Profiles

## Don Fariss

*Years skied?* 30  
*Years raced?* 28  
*Why do you enjoy skiing?* Graceful movement in a stellar landscape  
*Other sports/Activities?* Road biking/travel  
*Favorite music?* Currently classical  
*Favorite Movie?* Great Escape, Dead Again, Usual Suspects  
*Favorite Book?* Lamb, The Gospel According to Biff, Christ's Childhood Friend  
*Favorite food?* Big Mike's #4  
*Favorite school subject?* Recess  
*Favorite ski technique?* Diagonal stride up a slight hill or double pole kick  
*Who is your role model?* Anyone with integrity, honesty and compassion.  
*Favorite quote?* "Dost thou love life? Then do not squander time, for that is the stuff life is made of."-Ben Franklin  
*If you could, what animal would you be?* A live one  
*If you could fly, where would you fly?*

Soar over places I know to know them better.

*What is one word that you friends describe you with?* Selfless  
*One word that you describe yourself with?* Behind  
*Best winter/ski memory?* Being on the first natural snow of any year.

## Eric Delain; East—sophomore

*Years skied?* 9  
*Years raced?* 3  
*Why do you enjoy skiing?* Because it makes me happy.  
*Other sports/Activities?* Yeah!  
*Favorite Music?* Hard rock/metal/punk  
*Favorite Movie?* Jay and Silent Bob Strike Back, Woodstock.  
*Favorite Book?* I, Lucifer  
*Favorite food?* Sourdough bread  
*Favorite school subject?* Auto-mechanics  
*Favorite ski technique?* Skate  
*Who is your role model?* Edward Van Halen  
*Favorite quote?* "What doesn't kill you,

makes you stronger."

Anything else? I have a short attention span.

*If you could, what animal would you be?* Naked mole rat

*If you could fly, where would you fly?* California

*What is one word that your friends describe you with?*

Rodneydangerfieldstwin, insane

*One word that you describe yourself with?* Sane

*Best winter/ski memory?* Last year at Minocqua when 'twas warm.

## Galen Kenoyer

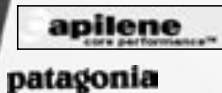
*Years skied?* 36  
*Years raced?* 36  
*Why do you enjoy skiing?* Crazy, I guess  
*Other sports/Activities?* Canoeing, biking, hiking and backpacking

*Continued on page 15*

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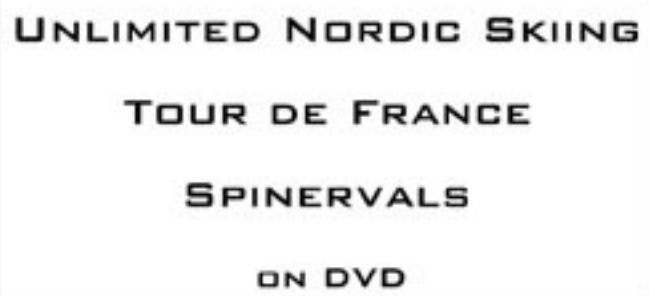
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# Skiing on the Streets at the Capitol Square Sprints



Many non-skiers complained about the cold but those who love skiing and enjoy winter got a few laps in and had a great time doing it!



The event didn't look that different from the European World Cup races from this perspective.



Two elite men lunge for the line as Chris Lawn eyeballs the decision amid a focused group of spectators.



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Chief of Volunteers Pete Anderson (left) checks in on Don Fariss, one of many course stewards that controlled access to the course.



A heat of collegiate women blast across West Washington Avenue from the start line on Carol Street.



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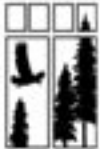
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## Junior Profiles from page 11

*Favorite Music?* I am too cool for music

*Favorite Movie?* I am too cool for movies

*Favorite Book?* Arundel

*Favorite school subject?* I am too cool for school

*Favorite ski technique?* Classic-is there any other?

*Who is your role model?* Siddhartha

*Favorite quote:* Too cool for quotes.

*If you could, what animal would you be?* Wolf

*If you could fly, where would you fly?* Nepal

*What is one word that you friends describe you with?* Energetic

*One word that you describe yourself with?* Happy!

*Best winter/ski memory?* Anytime when the snow is fast and my skis feel like they're flying...

### Greg Jones

*Years skied?* 30

*Years raced?* 25

*Why do you enjoy skiing?* Zooming through the woods in fresh, wintery air.

*Other sports/Activities?* Bike-hike-softball-disc golf

*Favorite Music?* The music I make

*Favorite Movie?* PredatorII, Lord of the Rings trilogy

*Favorite Book?* Of Mice and Men

*Favorite food?* Salmon

*Favorite school subject?* Math and recess

*Favorite ski technique?* Skate (V1)

*Who is your role model?* My father and Dr. Martin Luther King Jr.

*Favorite quote:* "He not busy being born is busy dying."-Bob Dylan

*Anything else?* I am here to help the ski team if you need me.

*If you could, what animal would you be?* Wolf

*If you could fly, where would you fly?* Any Mountains

*What is one word that you friends describe you with?* Talkative (so says my daughters)

*One word that you describe yourself with?* Old

*Best winter/ski memory?* My first Birkie

### Jeff Schacherl

*Years skied?* All my life

*Years raced?* 6

*Why do you enjoy skiing?* Real snow is awesome

*Other sports/Activities?*

CC-cycling-triathlons

*Favorite Music?* Non-

Sara music so good

*Favorite Movie?* Super Troopers, meow.

*Favorite Book?*

Running with the

Buffalos

*Favorite food?* Pasta/cheesecake

*Favorite school subject?*

Psychology

*Favorite ski technique?* Skate

*Who is your role*

*model?* Great athletes

like Lance, Bjorn, Yuri

*Favorite quote:* "The

right to bear arms is slightly less ludicrous

than the right to arm bears"

*If you could, what animal would you be?*

Something that eats koalas

*If you could fly, where would you fly?* Iowa

*What is one word that you friends*

*describe you with?* Sarcastic

*One word that you describe yourself with?* Witty

*Best winter/ski memory?* Back in the day when it snowed in Madison....

### Jenna Acker, Verona—senior

*Years skied?* 2

*Years raced?* 2

*Why do you enjoy skiing?* It's a challenge and an excellent way to enjoy winter.

*Other sports/Activities?* CC-running and Student council

*Favorite Music?* No favorites

*Favorite Movie?* 13 going on 30

*Favorite Book?* The Da Vinci Code

*Favorite food?* Cinnabons

*Favorite school subject?* Yearbook

*Favorite ski technique?* Skate, V1

*Who is your role model?* I don't have one-but I aspire to characteristics of many people.



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*Favorite quote:* "You never get a second chance to make a first impression."

*If you could, what animal would you be?* Small dog

*If you could fly, where would you fly?*

Somewhere where 'twas cold when I wanted to ski but warm when I wanted to swim

*What is one word that you friends describe you with?* Considerate

*One word that you describe yourself with?* Compassionate

*Best winter/ski memory?* High school championships last year, but its tied for the millions of times Sara and I have been lost.

**Additional Junior  
profiles will run  
in the next issue  
of MadNorSki News**