



Madison Nordic Ski Club
3202 Lake Mendota Dr. Madison, WI
53705-1467

Indicia

***Have you moved?
Got a new
e-mail address?***

Send your name and
revised info to:
info@madnorski.org.

Membership Form

Sign up online!

Online registration is the same as last year but dues for mail-in registration have changed from \$25 to \$30 (Single) and from \$35 to \$40 (Family). Online registration greatly reduces administrative time and increases accuracy. Register online at madnorski.org and click on "Membership"; it's easy!

Check one

- ☐ renewal
☐ new

What type of membership?

- ☐ Individual \$30
☐ Junior \$10 (18 and under)
☐ Family \$40
☐ KidSki \$25 club membership

Additional donation \$ _____ to support local ski groups, trails, and promote XC activities

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work phone: _____

Email address: _____

*Membership information is for club members only and is not supplied to commercial vendors.
If you do not want your email to appear in the membership list, please check here ____.*

Send to: Madison Nordic Ski Club • 3202 Lake Mendota Dr. Madison, WI. 53705-1467

MADNORSKI News

News for members of the Madison Nordic Ski Club

December 2005 Vol. 25 No. 3

MadNorSki in the News



Dirk Mason and Walt Meanwell

There have been several articles in the media recently highlighting the club centered on our 25 year anniversary. The October issue of *Cross Country Skier* magazine (which is quite good by the way) had an excellent profile of the club. Their website is www.crosscountryskier.com if you would learn more. The December issue of *Silent Sports* magazine had a very nice

article on us as well. Their website is www.silentports.net. In addition, the *Wisconsin State Journal* was actually very interested in who we are and what we do and they also ran an informative and well written story on us. Their website is www.madison.com. Finally, the Birkie poster for this year is an awesome picture of Gail Moede skiing into the light flying the club colors. The Birkie web site is www.birkie.com. We are selling autographed copies of this collector's item for \$20.00 with all proceeds going to the Youth Programs. Bring \$20.00 to the next meeting that you attend to support the kids. This visibility is important because it demonstrates to many different constituencies that Nordic skiing is indeed alive and well and flourishing.

December Potluck Club meeting Monday, December 12th

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: Scott Ackatz recaps his European ski vacation

Libations: Refreshments will be served; bring a dish to pass!

Discount Program

John Riley

Well the weather is changing and it's time to think about new gear for the season. The good news is that your Club membership will allow you some substantial discounts with our local partner vendors. We have numerous vendors confirmed for this program. And the discounts range from a flat percentage on Nordic gear to select items at reduced rates. As an example, Tom at Bike Doctor is offering a 15% discount on cross country accessories

and waxes. He also has select hard goods (Skis, poles, etc) on special pricing for members. He has this list at the store. So each vendor controls what items they will discount. And this information will be on madnorski.org. So here is how it works:

1) Make sure your membership is up to date. Only current members can get this discount. You will be required to have proof of your current membership with you when you go to a dealer. This confirmation letter is posted on the web site and can be printed directly from the web.

2) Check out what discounts the dealers are offering. This info will also be posted on the web. Once again you will need to print the dealers discount program and take it with you. This makes it easier for the dealer to honor the discount. Especially when the dealer might have part time employees who are not familiar with the program. The letter helps everything go smoother.

3) That's it! Go shopping!

Currently we are changing the web site to accommodate these programs. Check out the web site for more details and a list of vendors.

Ride the bus to Winter Park Demo Day!

Clare Seguin

Hey, MadNorSki! On Saturday, December 10th, you'll have the big chance to hop on a chartered bus with a fine collection of ski fanatics and cruise in style to the snow-covered trails of Winter Park. While there, you'll have the chance to try out a plethora of skis from various reps, as well as skiing your heart out. For only \$40 per person for round-trip transportation, you can be ecological, riding in comfort on a one-day trip to 75 kilometers of Piston Bully groomed terrain and opportunities to try out the latest skis and equipment. Weekend trail fees are \$10 adults, \$7 students, and \$5 children under 12.

Minocqua Winter Park provides what some say are the best groomed trails in Wisconsin. There is also a hill for Telemark skiing. A chalet includes a

cafe, day lodge, heated waxing room, ski shop, and restrooms.

Itinerary

6:30 am Board the bus at the Dutch Mill Park & Ride (Hwys 12/18 & Stoughton Rd.)

6:40 am Departure time

10:30 am Expected arrival time at Minocqua Winter Park

10:30-4:00 Skiing

4:30 pm Departure to Madison

8:30 pm Expected arrival back in Madison

Sound good? Send a check for \$40 (made out to MadNorSki) to: Clare Seguin, 330 Russell St., Madison, WI. 53704. Call 241-5663 for more information. Hope you can make it!

FunSki

Walt Meanwell

Have more fun. That's the goal of this newly created board position. The FunSki director will coordinate ski related activities highlighting creative, interesting, and enjoyable winter pursuits. The weekly car pool to skiing is one of these. We are going to expand this to include the full moon candle light skis at the area parks as an organized club activity. Keep the Saturday nights closest to the full moons in December, January and February available for these evenings. We are also planning on the Mendota hut-to-hut lake ski and other fun events. Send me an e-mail (waltmeanwell@tds.net) if you think of a fun winter activity that the club can put on.



Tom Kaufman leads out a group on a Halloween Super Roll near Mt. Horeb (above). A masked skier decides how many layers to put on (right) for the three-hour roller ski on county roads in southwest Dane County.



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. 29, Dec. 6, Dec. 13. Races begin at 7 p.m.

December

- 3,4 Tyrol Basin Open Ski; 8 am
- 6 Tuesday Night Tyrol Race Series; 7 pm
- 8 Board Meeting; 6:45 pm Meanwell's
- 10,11 Tyrol Basin Open Ski; 8 am
- 12 Club Meeting; 6:45 pm Social begins at 6 pm Lussier Center Lower Level
- 13 Tuesday Night Tyrol Race Series; 7 pm

January

- 5 Board Meeting; 6:45 pm Meanwell's
- 9 Club Meeting; 6:45 pm Social begins at 6 pm Lussier Center Lower Level

- 10 Tuesday Night Elver Race Series; 7 pm
- 14, 15 Capitol Square Sprints; races around the square. Visit www.capitolsquaresprints.org for details
- 17 Tuesday Night Elver Race Series; 7 pm
- 24 Tuesday Night Elver Race Series; 7 pm
- 31 Tuesday Night Elver Race Series; 7 pm

February

- 4, 5 Badger State Games; Wausau. Details at info@sportsinwisconsin.com
- 7 Tuesday Night Elver Race Series; 7 pm
- 9 Board Meeting; 6:45 pm Meanwell's
- 13 Club Meeting; 6:45 pm Social begins at 6 pm Lussier Center Lower Level
- 18 Third annual Blackhawk Nordic Day. Events start at Noon. Contact Mark Torresani: torresan@chorus.net
- 19 Ice Age Challenge; registration 8:30 am, races start at 10 am.
- 23, 24, 25 Subaru American Birkebeiner race week; visit www.birkie.com for list of events and details

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda
Thursday, Dec. 10	Monday, Dec. 12	Pot Luck	Scott Ackatz; European ski trip
Thursday, Jan. 5	Monday, Jan. 9	Waxing for racing and recreation	Wax Demo
Thursday, Feb. 9	Monday, Feb. 13	Birkie stories	TBD
Thursday, March 9	Monday, March 13	Racing wrap-up Pot Luck	Season wrap-up

Youth Ski Program Update

Mark Torresani

The cooperation between the two clubs has already started to pay off in increased participation and through a successful grant application for \$2,500 to the American Birkebeiner Foundation for team uniforms that will include the logos of MadNorSki and Blackhawk ski clubs. This grant is the direct result of the hard work of several club members and the support from the American Birkebeiner Foundation for skiing in the Madison area. A big thanks to all that made this happen.

Programs that have been offered in the past will continue to be offered this year and hopefully for many years to come, including Introduction to Nordic skiing, Biathlon, and middle School and High School race programs. All programs are being supported by Blackhawk and MadNorSki through volunteer help and financial assistance. With the change this season to joint sponsorship and support of programs it is hoped that there will be more time on snow to get participants to catch the Nordic Ski bug and keep it for life. If you need more information on the programs you can visit <http://www.blackhawkskiarea.org/nordic/index.html> or you can contact Mark Torresani at 608-827-0071.



2005-06 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

Reg Breskewitz: bruske@surgery.wisc.edu
Margie Sprecher: margies@tds.net

Race Directors

Joe King: jking@pdafit.com
David Bell: davepbell@sbcglobal.net
Tom Galliger;
tom.gallagher@dwd.state.wi.us

Publicity

Kristi Wagner: kwagner@uwcu.org

Advertising/Promotions

John Riley: john_riley@trekbike.com

Newsletter

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Director of Instruction

jpvanden@mhtc.net

Youth Ski Chair

jones6601@ameritech.net

KidSki Chair

Mark Webber: mark.webber@covance.com

Social Director

Gordy Barthowome:
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Webmaster

Joe King: jking@pdafit.com

WNSF

Walter Meanwell: waltmeanwell@tds.net

FunSki

Walter Meanwell: waltmeanwell@tds.net

Jonesy's Wax Room

What's Up With All Those Brushes?

Greg Jones

There are a lot of brushes out there to use on our cross country skis. Let's try to make some sense of it all.

First off, why would we want to brush our skis? There are two reasons. We can use brushes to help clean our skis. Remember that dirt is one of the enemies of our ski bases. Dirty skis are slow skis. We also use brushes to remove unwanted "surface" wax after scraping. When you iron wax into your bases it really does go into your bases. This is the wax you want to ski on. You want to have the structure of your bases exposed. Any surface wax will cover up your base structure. Remove it by brushing.

There are four main categories of brushes: Metal, Nylon, Nylon (soft) Polishing, and Horsehair.

If you are going to own only one brush, make it the nylon brush. It is the "jack of all trades and master of none". This all-around brush has a large diameter bristle. It can remove large particles of wax but will not reach deep down

into your structure making it better for the softer waxes. You can use this brush tip-to-tail or back-and-forth in a scrubbing action.

The best brush for cleaning skis is a soft copper bristle brush. The copper brush is probably the most used brush. If you have any stiff metal brushes (steel) from a few years ago take them out of your wax room. Use them on the garage floor or your wrought iron fence but not on your ski base. They were made for adding structure to bases and there are much better ways of doing that now. You should use the copper brush before waxing. It will help to "refresh" the ski base by removing old wax and dirt. You should use the copper brush as your first brush after applying and scraping ANY color wax. Start with copper and finish with nylon polishing. Always use the copper brush tip-to-tail.

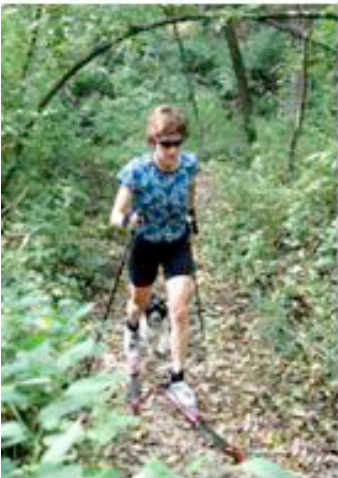
The nylon polishing brush has a much smaller diameter bristle to distinguish it from the other nylon brush. This is an excellent brush to use on ALL paraffin and softer fluorinated waxes. It will reach down into all the nooks and crannies of the ski bases cleaning out finer particles of wax. At the same time this brush will help to polish the base which will improve speed in most conditions.

The horsehair brush is similar to the polishing brush in that it has a very small diameter bristle. What makes it different is that it is stiffer. This stiffness makes it great for removing hard (cold weather) waxes. You should be careful not to over-use this brush. It is aggressive enough to strip off too much wax and create a dull finish. This brush can be used for a cold application of pure floro.

You have probably seen roto brushes on the market. These brushes attach to an electric drill. If you are waxing a large number of skis you may want to look into these. I find that they don't do as good a job as hand brushing. After I use my roto brushes I always hand brush anyway. They are only used as a time saver.

The other brushes you may see are the large oval variety. They were originally made for alpine skis and snow boards as they have a larger surface area for a large ski. They are not necessary for cross-country skis.

To summarize: If you are a recreational skier and you only want to buy one brush get the nylon brush. If you are looking for higher performance you will be much better off with at least two brushes in you wax box, the soft copper and the nylon polishing.



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KidSki; the perfect excuse to get the kids outside!

Mark Webber

Weekly Sessions

Snow permitting, KidSki will meet on Sunday afternoons at 3:00 pm at Odana Golf Course, during January and February. Official start date is January 8, 2006, but if we have snow sooner we may have some informal outings prior to that date. We may use Elver Park if Odana Grooming and/or Shelter are not available.

Special Sessions

- Family Hike—at Indian Lake County Park, December 11th during the afternoon. Check the web site for more details.

- “Family Ski” Bus Trip—short one-day trip (possibly to Iola). Date TBD.

KidSki focus is fun, exercise and

social interaction for ages 4/5 up through Middle School. We have a minimum temperature (wind chill) requirement—generally around 15 degrees, so our young participants are not exposed to any dangerous conditions. Additionally there is a short indoor social time following outings for snacks and games. Program Fees are \$15 per individual and \$25 per family. KidSki has an extensive inventory of equipment for those without equipment. Equipment rental is \$10 per individual and \$20 per family and use includes non-KidSki sessions.

All participants receive ski bibs with Club logo and number. Attendance every week is not required. Check



KidSkiers what it's all about at Odana Golf Course.

madnorski.org/kidski.shtml for weekly updates. Contact Mark Webber (w) 245-7019, (h) 831-7803, webber@chorus.net or mark.webber@covance.com for more information.



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How to Participate in the Ad-Hoc Ski Trip Program

Kim Thornton

The basics

As the weekend approaches, assess the statewide snow conditions (see Scott Bachmeier's article on the next page. — Ed). Contact Kim at 238-2998 or kim.thornton@charter.net with your choice of destinations and travel dates before the 6 p.m. deadline on Thursday. By 7 you'll be told whether a trip meeting your spec's is a go. Unless otherwise negotiated, trips leave from the driver's home at the times below. Passengers reimburse the driver at 20¢ per mile as shown in the table below.

It pays to be flexible. The more flexible you are with respect to destinations,

days of travel, whether you can be a driver, etc., the greater your chances of getting a trip.

If you're definitely making a trip let us know the details and we'll try to find you some paying passengers. If you've got a place up north with some vacant space for the coming weekend, let us know and we'll try to find you some paying guests.

When you contact us leave your address, phone and email. If you're driving, leave your vehicle's carrying capacity. For overnight trips, indicate your willingness (or not) to share a room or make a Friday departure.

Other ground rules: for overnight

trips, the traveling parties arrange their own accommodations. A trip can be cancelled by the driver if local conditions unexpectedly improve. Passengers cancelling after 6 p.m. Thursday are expected to pay their share of the driver reimbursement regardless.

Departure times

Lapham Peak – day trips only – 8 a.m.; Standing Rock – day or weekend trips – 7:30 a.m.; Nine Mile – day or weekend trips – 7 a.m.; Winter Park – weekend trips only – 6 a.m. (or 5:30 p.m. for Friday departures); ABR or Cable – weekend trips only – 5 a.m. (or 5:30 p.m. for Friday departures)

Destination	Distance	Driver reimbursement	Cost per passenger for N passengers:			
			2	3	4	5
Lapham	120	\$24	\$12	\$8	\$6	\$5
Standing Rock	250	\$50	\$25	\$17	\$13	\$10
Nine Mile	300	\$60	\$30	\$20	\$15	\$12
Winter Park	450	\$90	\$45	\$30	\$23	\$18
ABR	550	\$110	\$55	\$37	\$28	\$22
Cable	600	\$120	\$60	\$40	\$30	\$25

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Winter 06

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Dennis Kruse of the Birkie Foundation presents MadNorSki co-president Walt Meanwell a \$2500 grant for MadNorSki's youth programs.

Meteorological Tidbit of the Month

Scott Bachmeier

Being cross-county skiers, we possess a natural curiosity which often leads us to ask the question: "Where's the snow"? Nothing beats first-hand skier reports such as those submitted to the MadNorSki and Skinnyski web sites, but there's also a nice web-based tool that allows you to view the latest snow depth, snowfall, or other snow information across the Lower 48 states. Entering the following URL into your web browser <http://tinyurl.com/bsrad> will take you to the National Operational Hydrologic Remote Sensing Center (NOHRSC for you acronym enthusiasts) "Interactive Snow Information" site, where you can click to re-center the map, zoom in, zoom out, or change which parameters you want displayed on the map. Go ahead and explore the site—it's more fun than removing old klister!



tinyurl.com/bsrad will take you to the National Operational Hydrologic Remote Sensing Center where you can see snow depths to help plan your trip.

**Have you moved?
Got a new e-mail address?**

Send your name and revised info to: info@madnorski.org.



MadNorSki's Kevin LeRoy, Dirk Mason, Gail VanHaren and Willi VanHaren get on their first "real" snow of the season November 19th, at ABR in Ironwood, Michigan. Beautiful!



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Volunteer Corner

Capitol Square Sprints

It's not too early to sign up for a shift at the Capitol Square Sprints this January 14-15. We had a great time last year, cold weather notwithstanding, and it should be even better this year. It's a pretty exciting thing to watch and be a part of. We plan to improve the volunteer experience with better position descriptions, improved matching of shifts to events, and increased volunteer support. We have all sorts of jobs—timing, set-up and take-down, course control, registration, and more. Contact Pete Anderson at 222-1928 or pjander2@wisc.edu. I'll be happy to tell you more and slot you into a job. Don't miss being part of the action this winter!

SilverSki Coach:

Long time SilverSki coach Greg Jones is hanging up his SilverSki hat, but is not vanishing. Greg will continue to represent the Youth Programs on the Board and will be coaching the Junior program. Thanks Greg for your committed years of Silver Ski service. Is there anyone that wants to glide up and take over? Let Greg (jones6601@ameritech.net) know.

MadNorSki Instructors:

With the announcement of our new Director of Instruction we have become more formal in our lesson offerings. If you would like to be a part of this instructor pool that Jimmy can call upon to help throughout the season please contact Jimmy (jpvanden@mhtc.net) for details.

KidSki:

Mark Webber is continuing as KidSki coordinator for this season, he would welcome help instructing. Last year KidSki had 30 participants, help is appreciated. Contact Mark (webber@chorus.net) for information.

Tyrol Open Ski and Race:

Open Ski weekends at Tyrol Basin are December 3rd/4th and 10th/11th. Walt Meanwell will organize activities for the open skiing and is looking for several volunteers.

The Club is also planning on a few early-season races at Tyrol on Tuesday evening, November 29th, December 6th and 13th. We will need help with course set up, registration, and timing. Contact Walt at Waltmeanwell@tds.net to lend a hand.

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Birkie Launches Ski for the Cure!

Get Fit While Raising Funds in the Fight Against Breast Cancer

The American Birkebeiner Ski Foundation and the Komen Foundation have collaborated to launch the Ski For the Cure! program to raise funds in the fight against breast cancer.

Women and men across the country can support the Minnesota and Wisconsin Affiliates of the Komen Foundation by participating in the new program. Donations collected by skiers will fund breast cancer research, education, screening and treatment.

Ned Zuelsdorff, Executive Director of the ABSF and former MadNorSki Race Director, said he's excited about the collaboration. "This is a great opportunity for women and men to support the leading Foundation devoted to eradicating breast cancer and to showcase her/his own commitment to health and wellness by training for and participating in this ski event," Zuelsdorff said. "Whether

participating on a competitive or non-competitive level, participants boost their own fitness level, contribute to an important cause, and have a whole lot of fun in the process. It's empowering and a win-win situation all the way around."

Participating in the Ski for the Cure! program is simple. Donors register for the race or ski event of their choice: the 51 kilometer Subaru American Birkebeiner, 23 kilometer State Bank of Drummond/Cable Chamber of Commerce Korteloped or 12 kilometer Johnson Bank Prince Haakon. Donor/skiers voluntarily collect pledges and raise funds for the Komen Breast Cancer Foundation. Donations will be collected by the skier prior to the race and delivered to the ABSF at race registration/bib pickup. Participants will receive pink ribbons with their race bibs and will designate which of the Madison, Milwaukee, Brainerd Lakes or Minnesota (based in Minneapolis) Affiliate(s) will receive their donation.

The ABSF will send the donations to the chapter designated by the skier. Pink bibs will be provided to skiers who identify themselves to the Birkie office by January 1, 2006, as breast cancer survivors.

The participating skier who raises the most money will reap the benefits: free entry into the 2007 American Birkebeiner race of their choice and free lodging at a premier bed & breakfast inn in Hayward. All skiers raising pledges of \$100 or more will be part of a random drawing for a second similar prize. Various awards will be given to all skiers raising pledges at or above specific amounts.

For more information or to register for the Ski for the Cure! program, call 715-634-5025, email birkie@birkie.com, or log on to www.birkie.com



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Ski Resale and Swap a fun success

Tom Kaufman

The first (annual?) MadNorSki Ski Resale and Swap was both fun and successful. Held at the Shorewood Community Center, the sale featured many great deals on everything from racing equipment to rock skis and children's gear. Many of the buyers were new skiers looking to get started without wanting to drop big bucks for new equipment. Parents were able to pick up entire kids' packages for less than... you'll have to come next year to find out. In addition to helping skiers buy and sell equipment, the club netted over \$300.00 (of the \$2000.00+ taken in) that will be used to subsidize the junior skiers at Tyrol. Everyone who sold equipment at the sale should remember to pick up their cash at the December club meeting. Thanks to all of the wonderful volunteers. We couldn't have done it without you! A special thanks to Chris Halverson and Rob Lucas for helping to put the whole thing together.



"Swap-miester" Tom Kaufman inspects a pair of skis after chiding volunteer Bill Coady for showing up in an Iowa sweatshirt. Tom's crew of volunteers made the first-time event run smoothly.



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