



Madison Nordic Ski Club
3202 Lake Mendota Dr. Madison, WI
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Indicia

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e-mail address?***

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revised info to:
info@madnorski.org.

Membership Form

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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

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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 ____.*

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Cross-country Skiing for Everyone ❄️

MADNORSKI News

News for members of the Madison Nordic Ski Club

January 2006 Vol. 25 No. 4

Early snows inspire rest of season



Dirk Mason and Walt Meanwell

Wow, how about the start to this ski season! Are you reading your newsletter while waiting for your freshly waxed skis to cool?

This early-season snow has created a wonderful buzz in the ski community. There's been a bump in the use of the list serve and demands for the return of the MadNorSki web site ski conditions page. We went last season without the ski conditions page and it wasn't missed. Thanks to Joe King, our

esteemed webmaster for responding and bringing it back to life. We hope everyone submits trail reports to make this worth his efforts.

With all this snow time, your wax box has probably taken a hit. Is it time to replenish your favorite wax or find the latest secret? Look no further than our next club meeting. We will be bringing in area vendors to answer your waxing questions. Bring your checkbook and restock you depleted inventory of wax.

January brings the second year of the Capitol Square Sprints. The club rallied last year and provided a solid crew of volunteers to help Yuriy Gusev run a very successful event. This year volunteers and participants alike will experience improvements organizers learned from last year. Contact Pete Anderson at volunteer@capitolsquaresprints.org

capitolsquaresprints.org to sign up. Also, invite a friend down to ski around the Capitol during the open ski!

New to the event this year is a ski workshop organized in partnership with UW Health Sports Medicine Center, Capitol Square Sprints and the Madison Nordic Ski Club. Please direct novice skiers you know to this workshop and demo. Information can be found at www.capitolsquaresprints.org.

Instruction here, instruction there, lessons; lessons everywhere. The club has already put on eight ski clinics! Dozens of skiers have come to refine their technique or be introduced to the sport. Lessons are available on Tuesday nights at Elver Park. Watch the club list-serve for details. See you on the trails!



Ideal winter conditions in Madison help create lasting memories for KidSki participants at Odana Golf Course.

Club meeting Wax Demo Ice Cream Sundae Night Monday, January 9th

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: Ski waxing demonstrations by local vendors

Libations:

Refreshments will be served

Give fun and warmth

Walt Meanwell

Did you ever wonder what it was like to go thru winter with no hat, wool socks, warm coat, or gloves? There are a lot of kids who don't wonder – they know. You can do something about this. On Jan. 14th from 3:00 – 5:00 p.m. on the Capitol Square MadNorSki; in conjunction with the Madison's Fit City Kids' initiative is putting about 100 disadvantaged youth on cross country skis. This will be a part of the Capitol Square Sprints Nordic ski weekend. You can help in two key areas. First, many of these kids need hats, gloves, wool socks, scarves, and coats. There are 3 drop boxes for you to donate these items. They are: R.E.I. Co-op (west) Fontana Sports (central) and Cronometro Bikes (east). Second, we need volunteers to help the kids get their skis on and maybe help them to get going and ski with them. Please E-mail me at waltmeanwell@tds.net if you can help. Thank you!

Planning a weekend ski trip—made easy

Kim Thornton

Face it. When it comes to snow conditions in the Upper Midwest, Mother Nature is way too fickle. So from January 5th through February 16th, the club will test a new approach to organizing weekend ski trips – wait until the last minute, pick the closest venues with good skiing and put together ad hoc excursions via car pools.

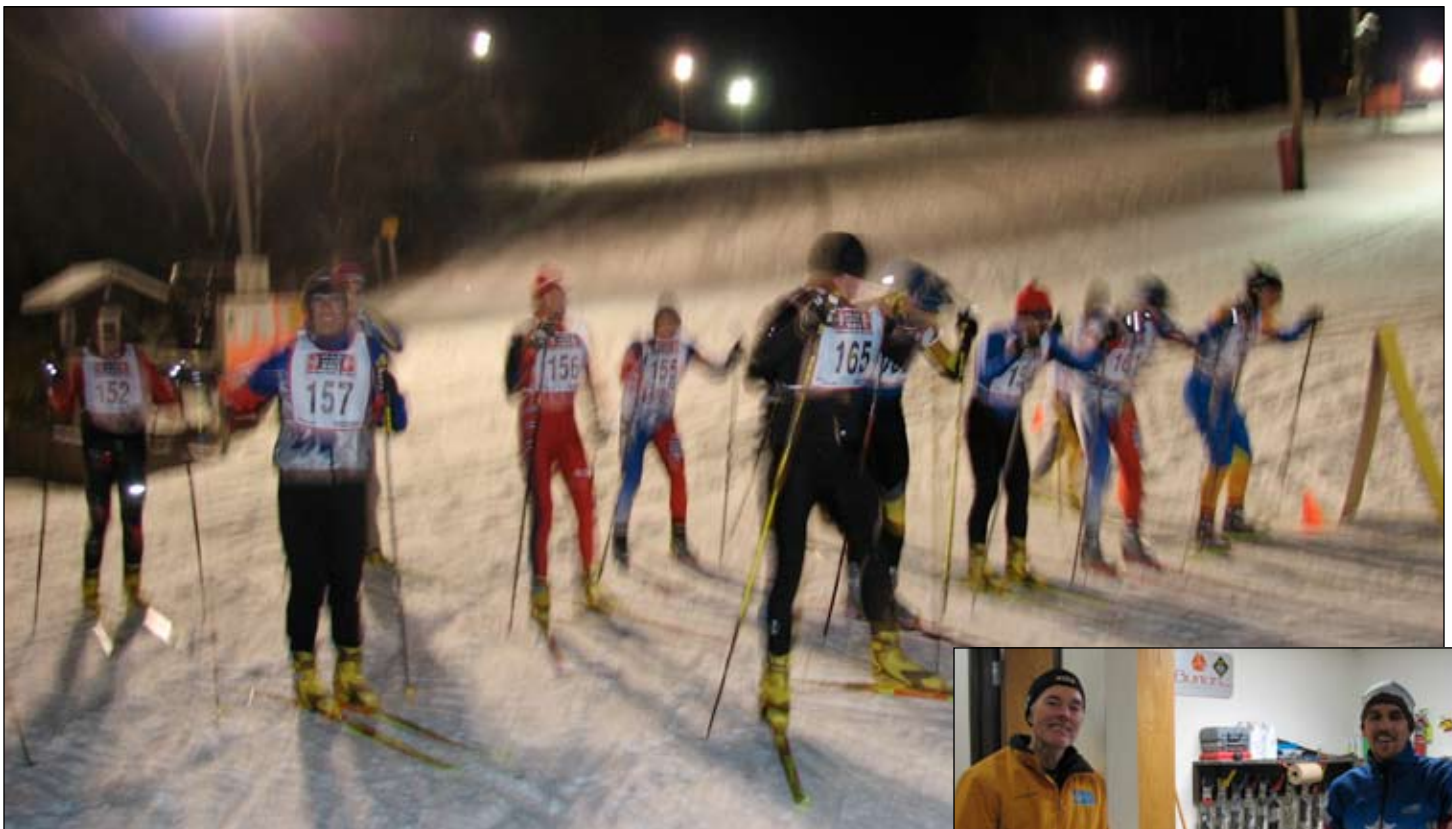
On the eve of the weekend, simply send an email message indicating where and when you want to travel to ski-trip. clearinghouse@charter.net by 8 p.m. Thursday. We'll hook you up with the other like-minded skiers to iron out the details of your trip.

Send a shot story of your latest ski adventure to *MadNorSki News!*
Email ben.neff@tds.net.

Chili Feed!

Mark your calendars everyone! The High School Ski team, the Juniors, are going to present the membership with the second annual chili feed at the February membership meeting. They will be selling bowls of chili along with other goodies. This will happen on Monday February 13th. Bring your sweeties out and treat them to a Valentine's Day dinner at the ski club meeting. They will have a presentation for you after dinner.

Your continued support will help to keep the program healthy. The Juniors appreciate all the support you have shown them in the past. Without our club and your support there would probably not be a juniors program. Thank you!



Racers line up for the first Tuesday night race at Tyrol Basin Ski Area near Mt. Horeb (above) for some early-season snow time. Tom Galliger and David Bell (right) along with Joe King are the club's race directors. Along with the races at Tyrol, they will oversee the Elver Tuesday night race series and the Ice Age Classic.





MadNorSki Tuesday Night Elver Race Series

Set aside these Tuesday nights for the weekly races at Elver Park on Madison's west side: January 17, 24, 31, February 7, 14. Registration starts at 6 p.m., race begin at 7 p.m. 5k and 10k options as well as first-timers categories.

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
- 14 Tuesday Night Elver Race Series; 7 pm
- 18 Third annual Blackhawk Nordic Day. Events start at Noon. Contact Mark Torresoni: 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

March

- 9 Board Meeting; 6:45 pm Meanwell's
- 12 Great Bear Chase; visit www.keweenawtrails.com/events for details
- 13 Club Meeting; 6:45 pm Social begins at 6 pm Lussier Center Lower Level

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda
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

Instruction

Jimmy Vandenbrook

Feel like you could use a tune up on your form? Would you like to pick up some tips to make your skiing more enjoyable? Or maybe you are new to the sport and you'd like a low key no stress way to figure out how to have fun on skis. Have we got the program for you.

Cross Country ski instruction is in full swing. We have already had 5 sessions of both Classic and Skate ski instruction. Lessons will be offered at all the Elver Tuesday Night Race

Series races in January and Feb. Come see what the rave is all about. Club instructors are charming, talented, experienced, and happy to help.

Please email Jimmy Vandenbrook at jim.vandenbrook@datcp.state.wi.us ahead of time. Please indicate when you are coming out, your name, and whether you will be on Classic or Skate skis since we need to know how many instructors to provide. Fontana and R.E.I. rent Classic gear and Sepp Sport on Monroe Street rents both Classic and Skate equipment. This is a great opportunity to get better, have more fun; and you can't beat the price.



2005-06 Board

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

Vice-president

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David Bell: davepbell@sbcglobal.net
Tom Galliger;
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FunSki

Walter Meanwell: waltmeanwell@tds.net

Jonesy's Wax Room

Get That Wax Room Organized

Greg Jones

To do a good job of waxing skis you need a clean well organized place to work in. This should have been taken care of in October but it is never too late to get organized.

LIGHTING: It is very important to be able to clearly see what you are doing. Most of us set up our waxing in the basement. I know what the light is like in most basements. I find the best way to light the wax bench is with 2 shop lights overhead at each end of the ski. You can find these at any hardware store for under \$5.00. They clamp on to almost anything. Having two lights will allow you to look down the ski in either direction and clearly see what is going on. If you want to improve lighting even more put up a fluorescent directly over the middle of the ski.

VENTILATION: If you are ironing in wax you should have some ventilation. An overhead fume hood is the best. You should at least try to have an exhaust fan that vents outside. The common Bathroom variety will do fine.

Short of an exhaust fan at least get a fan blowing in the area to move the fumes around.

RACK FOR SKIS: You should have a place to set your skis to cool after hot waxing. You need a method of setting it down so the base isn't touching anything and it isn't a tripping hazard. It is also nice to have this spot to set skis down that are "in line" to be waxed.

SKI BENCH: Profile benches work best. This is a bench that will support the ski along the length of it rather than supporting it at only 2 points, when you apply pressure while scraping you will notice the difference. The ski needs to be held firmly in the bench and the bench itself needs to be very stable.

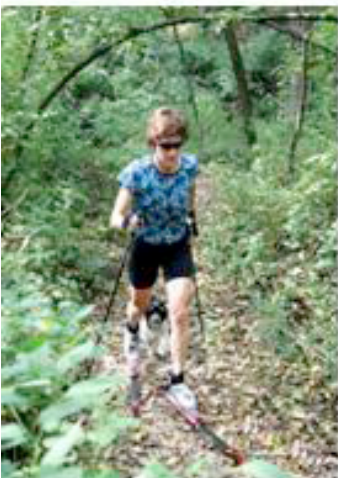
HOOKS FOR TOOLS: I find it very helpful to have my commonly used tools hanging right in front of me. I have installed pegboard on the wall in front of the bench. You can drill holes in all of your flat scrapers, groove scrapers, klister paddles, etc. Most waxes come from the store with packaging that facilitates hanging on their racks. Use those packages to hang your wax at your work station. I have not found a good way to hang brushes. I use a shelf for them. You absolutely want to get your brushes up off the bench out of the wax shavings. Keep

them clean!

WAX STAND: After melting on some wax you need a place to set it down right away. It is still hot with a molten side to it. I stacked up 2 small 2x4 scraps (about 5 inches long) to set the wax I am using on. Anything will work but have a clean dedicated spot for putting it down between skis. You will also want a dedicated spot for your hot waxing iron. Keep it low, maybe under the bench, and the cord out of the way to avoid tripping on it.

SHOP VACUUM OR BRUSH: How long do you go before cleaning up those scrapings? It is a good habit to clean them up regularly. Try to keep a shop vac or a brush and dust pan handy. I used to let them pile up all winter hoping they would melt in the spring.

POWER: You need to get electricity to your iron, roto brush, and lights. I like to get those shop lights on one switch. Have you ever walked away from your bench and left your iron on? They draw 600-1000 watts! Plug your iron into the same switch as the lights. You still want to unplug your iron (or at least turn it off), but if you forget, you will shut it off when you turn off the lights this way.



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Pirates of the Kettle Moraine

Lisa Anderson

Ahoy, ye scurvy dogs! I be cap'n Jackie Blackie of the Madskiaarrs. We, the Madskiaarrs make berth from the dreaded Madskivokia (a.k.a., the warming hut at Kettle Moraine). What be the nature of this venture of yourn, you ask? To tell ye who all's in me crew. Me scout, that be Bloody Mary (Zoe) and me loyal first mate, that be Black-eyed Becca (Heidi). Me second mate is Braided Jagged Tooth (Miriam). And the executioner and keeper of the gallows, that be Fuzzbeard (Isabel), who is also the keelhauler. And me back scout, always checkin' ter see if there be someone behind us, that be Bluebeard (Jillian). They are the best crew a captain could wish for, each girl worth her salt and crazy to boot. Aye, they be at that. Oh, by the powers, I forgot our human parrot, Leah the Spiky-headed! Anyway, she is the best parrot in the Madskiaarrs (not to mention the only one). That is the



The crew known as the Madskiaarrs heaving to in the wild pine forest of the Kettle Moraine one Saturday in December.

faithful crew of the Madskiaarrs, feared pirates of the Kettle Moraine, dare ye speak the names, ye shall shake in yer ski boots.



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Ten lessons Ironman taught me about skiing... and life

Pat Conway

In the summer of 2005 I became an Ironman. In fact, this past summer was my first attempt in the sport of triathlon. At the time of signing up for the Ironman, my longest bike ride was 35 miles and I had not even done a marathon! I promised my wife I would not sacrifice our family time or budget with this goal. We succeeded on both accounts. I learned a lot about training (and myself) this past summer and wanted to share a few tips with you.

1. Participate With Grace

Extreme endurance sporting events are symbolic of life itself. Grueling races like the Birkie and Ironman have a tendency to expose a participant's true character while chasing a wonderful goal.

How will you react when the going gets tough? Will you sacrifice relationships to achieve your goals? Will you cheer for your fellow competitors? Will you stay true to your core beliefs—no matter what? Will you be proud of your effort after the race is done?

2. Have A Plan

Schedule specific training goals. Write your plan on paper, tape it up, respect it, and start a journal. Keep the plan simple, repetitive and do-able.

Remember, no plan is perfect. The real magic is just doing something. You can always modify the plan along the way to fit your training, lifestyle, and family needs.

3. Eat With Your Family

Make family life a priority. Workout before they get out of bed or after they are sleeping. Extended lunch periods work in a pinch. However, remain faithful to your job.

Exercising is a privilege that should be fit gently into your busy life. Serious and active time management is the key for proper balance.

4. Learn A New Trick

This past year I turned 40 and learned how to run properly for the first time!

Read a book, buy a training video, take a lesson, or all of the above. Do whatever it takes to learn proper technique.

5. High Turnover Works

When faced with steep uphill grades, shift to a lower gear and ascend hills in a relaxed way to save your muscles for larger returns on more flat terrain—*increase turnover, not effort.*

6. Injuries are Opportunities

When training long, injuries are inevitable—at least a few aches and pains. View injuries as positive biofeedback signaling the need to rest one part of your body and work another.

7. Proper Nutrition

Keep the tank full during the training week and during the race. Eat six times a day and never feel hungry. For your 10:00 and 3:00 snacks, keep Fig Newton's in the back of your file cabinet at work.

Eat well but don't deny yourself some guilty pleasures along the way. You are working hard and deserve an occasional bag of chocolate covered almonds or anything off the Dollar Menu.

While training, teach your body how to ingest fluid and digest food when in motion. Improper nutrition on race day will slow you down more than the wrong wax or non-flat hairy skis. Drink as much water as you can handle. Water is the true elixir of recovery.

8. Attitude Is Everything

When competing with thousands of other athletes you are bound to bump into one another. Always, turn potential negatives into positives. Negative thoughts are energy suckers.

9. Join A Club

For the long haul, you need a support network for training tips, motivation, fellowship, and fun. Plus, it is great seeing fellow club members out on the trail.

10. Have Faith

When the going gets tough, it helps to have some outside strength to rely on. Personally, I call on my spiritual faith in God to help me through the roughest spots. Remember to smile and have a great "race!"



Pat Conway's 10 lessons pay off during the Wisconsin Ironman last September.

The "Noquemanon" could be the race for you!

Gina Interrante

("Noquemanon", is an Ojibwa word for "land of the Berry tribe" that was found on survey maps from the 1850's along the Dead River Basin Area.)

If you are the type of skier that enjoys meeting people along the trail, not concerned about your performance time, and would like to take a photo or two along the way, then the Noque may appeal to you in many ways. The course offers both a 25K and 51K race and a variety of terrain for all levels of skiers. The 25K race has far fewer hills than the 51K which makes it much more forgiving. Both routes utilize a beautiful trail system that is pleasing to the eye. There is something to not knowing what lies ahead on this trail that keeps you anticipating every hill and turn. I especially enjoyed the trek across The Dead River Basin. Skiers ahead of me looked like a line of tiny ants marching across the desert.

Briefly, I have summed-up the highlights:

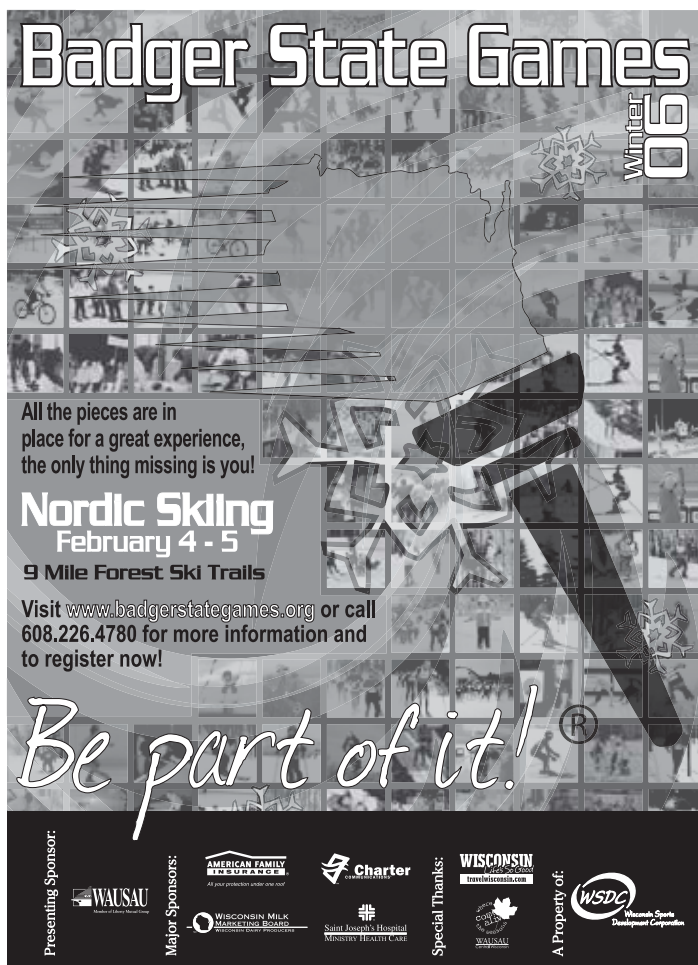
- 50K Classical skiers start off 1 hour ahead of the skate skiers so you have the trail to yourself for a little time.
- There is a school at the start of the 50K so you can stay warm.
- This trail never seems too crowded and the tracks remained good throughout the entire race.
- Both races end at the Sports Dome where you can gather to share race experiences, enjoy showers and soup and check your race results via laptops

Our food critiques (Thanks to Linda McCallum-Miller & Judy Archibald) recommended the following establishments: For dinner: The Vierling, known for their fresh fish dinners—located downtown on Lake Superior and The Sweet Water Café for breakfast is a great place if you have a hearty and healthy appetite.

We found the Cedar Motor Inn to be nice and inexpensive lodging (and it comes with a hot tub and sauna).

For non-racers and spectators there are endless things to do and see in and around the area. Here are few things to consider:

- USA Ski Hall of Fame & Museum in Ishpeming, MI
- Unique shops downtown Marquette.
- Take a walk down by the lakefront and view historical buildings.
- Take a Luge ride at Lucy Hill in Negaunee, MI, where Olympic hopefuls train.
- Enjoy the extensive XC skiing trails at Blueberry Ridge.
- Helpful websites include: www.noquetrails.org, www.skihall.com, www.Marquette.org/Travel/luge.htm



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Volunteer Corner

Capitol Square Sprints

The Capitol Square Sprints will take place January 14-15. Volunteers will see better position descriptions, improved matching of shifts to events, and increased volunteer support over last year. Jobs range from helping with timing to set-up, course control, registration, and more. Youth volunteers are also needed to help the kids with their gear and ski with them during the Open Ski. Contact Pete Anderson at 222-1928 or pjander2@wisc.edu. Don't miss being part of the action this winter!

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.

Elver Tuesday Night Race Series

The Elver race series is off and running. Please help Dave Bell and Tom Gallagher run this great series. Volunteers are needed for course set up, registration and course clean up. Contact Dave davepbell@charter.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.

Klister Club Nominations

The Board is seeking nominations for the next inductees to the Klister Club. Please submit your nominations by January 31 to Dirk Mason (ddmason@charter.net). Write a brief paragraph outlining how the nominee meets the criteria of the Klister Club. Awards will be given at our March meeting. The criteria are as follow:

- Ambassador of the club (MadNorSki)
- Ambassador of Nordic skiing
- Actively contributes to the Nordic skiing community
- Participates in organized Nordic skiing activities

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MadNorSki joins WINN

Chris Lawn

The Wisconsin Nordic Network (WINN) was founded in 1997 as a place for skiers to share ideas on state-wide issues affecting our sport. The organization is focused on promoting nordic skiing and keeping a unified voice heard on public land use decisions. One of the main successes was helping to get avid skier Mike McFadzen elected as Chairman of the Governor's State Trails Council. WINN meets monthly with an open agenda format to discuss topics affecting clubs, teams and industry.

The WINN board consists of representatives from Milwaukee, West Bend, Whitewater, Green Bay, Sheboygan/Greenbush, Wausau/Iola, Rhinelander and Cable/Hayward. They have recently been looking for input from the Madison, La Cross and Eau

Claire areas. Madnorski was asked if it would be willing to provide the Madison representative and we have decided to participate. My appointment as your representative was made at the WINN board meeting on December 6. Our club is seen throughout the state as a role model and at the meeting we received many complements on our efforts to provide local opportunities for recreational skiers and racers alike.

One of our goals will be to keep Madnorskis better informed of when public comment is needed on land use decisions that are being made at the state level. Much of the current activity revolves around the increasing popularity of ATVs and the resulting demand for trails on state land. Most people, however, tend to pay a little more attention to these issues when it is in their own backyard. Many of you are aware of Madnorski's successful involvements locally, including Madison Parks Dept. budget cuts, Badger Prairie Park access and the new Dane County park land off Highway

14. We will share our local experiences with WINN and hopefully gain insight that can help us even more.

WINN has also spearheaded programs to help promote our sport, particularly among the younger generation. Last year WINN established the Kortelopet Sponsorship Program, which provided the race entry fee for 20 high school kids. This year we hope to expand on the program and offer 2 spots for each of the state's 25 high school teams. We will also be sending out "recruiting videos" to all of the teams, which will help to them showcase our sport to prospective members.

If you have any comments, questions or topics for the WINN board, please contact me at lawn99@peoplepc.com or 827-8970. In the meantime, watch the email list serve and Madnorski newsletter for updates on how you can help maintain the nordic skiing voice!

What kind of skier are you?

Lisa Anderson

1. There are three ski trails; which one do you decide to take?

- a) the short one with lots of downhill
- b) the medium flat one
- c) the long, hilly one

2. Which kind of skiing do you like to do?

- a) classic
- b) a mix of skating and classic
- c) skating

3. When do you do your workout on the weekend?

- a) in the afternoon, after you're all pumped up.
- b) after lunch, when you are all relaxed.
- c) in the morning, after you wake up.

4. How often do you wax your skis?

- a) once in a while
- b) every other time you ski
- c) every time you ski.

Answers:

Mostly A's: you like to take things easy. A long, easy ski is more your style. Just be careful to go your own pace.

Mostly B's: you like to do relatively hard skis, but you don't mind taking it easy once in a while. Rock on!

Mostly C's: you like to push, push, push. It's good to push, just don't push yourself too hard.



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Early Opener at ABR MadDeerSki camp

Craig McCallum

The opening weekend of skiing at the ABR ski trails in Ironwood was a good "first-time out" for six brave MadDeerSkis, who headed up north in search of snow, despite the possibility of getting shot. After all, it was only November 19th, and... that was also the opener of the gun deer hunt in Wisconsin and Da Yooper Country. I have only missed one ritual opener of the deer hunt in 25 years, but this was a "new era" of MadDeerSki early openers.

"The Family Guy", Mike Ivey and I arrived at ABR Saturday afternoon. After a carbo-load of Rock Star energy drink, we got in a couple of physical hours on the trail with "The Fronrunner", Dirk, who had skied four hours already. The three others on the trip, Willi VanHaren, Kevin LeRoy and Gail Moede had headed up Friday night along with Dirk but were almost side-swiped by us on the way out of the

lot as we flew in. To the trails we went, after pleasant greetings with the ABR owners Eric and Angela.

Since I was "The Wanna Be an Early Waver" guy, I skied hard but could scarcely keep up with Dirk and Mike. The conditions were marginal at best but we were not complaining and were getting our ski legs back. We were on snow before Thanksgiving! I was really sucking air and aching trying to keep pace for two hours with the club-speedsters duo. "These guys are good", I thought. I should be hunting deer, sitting on my butt in a tree stand and waiting for the wooper-buck to saunter by. Naahh. This was fun, great exercise, and much needed trainin g. Dirk and Mike laughed along as I silently grumbled while struggling to get any kind of a ski groove going. Balance is the key, weight shift, balance...Oh @ m#f%^! as I stumbled again and again.

Little did I know that I would get such a class act, MadDeerSki-Camp training

from the speedsters that evening at Mike and Willi's renowned Snow Palace. After hitting the town and filling up with wine and good food at one of the fine restaurants of Ironwood we ventured back to "camp" to fill up more on fine wine, jam to classic rock and talk about not deer, but proper ski technique and strategies. It was inspiring to watch the speedsters profoundly discuss and demonstrate balance, weight shift Russian-style, pushing from the core and my favorite, "ankle flexion". You cannot have enough "ankle flexion", said Mike. Dirk jokingly hinted that Mike, who had been balancing on one foot for what seemed forever, while explaining proper technique, might be getting just a bit too technical for the wittiness of the evening. Dirk's guiding principle for us was to push all-out to get a strong lead at the start of a race and keep it for as long as possible. He said that he has been amazed with how many times

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Some heavy
SNOW this season
would be NICE!



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he has been able to sprint start and lead a race for quite some time. "The Frontrunner" speaks volumes.

I was now calm, cool and collected from such an inspired ski workshop by the duo. The wine, music and laughter were good too. Now let's all just pass out. That night I dreamed of a wild ski adventure. I was skiing along, in the big woods, when I spotted a deer, not just any old deer but a legendary "deerski". It skied by me at a blazing speed of well over 30kph, I figured. I got a glimpse that it also had ideal balance, and full weight shift. It was skiing the ultimate, Russian style and pushing strong from the core. Remarkably, I could hear that it was jamming to the classic rock of Wishbone Ash and also was drinking a can of Rock Star energy drink. Oh, I almost forgot, it had the most "ankle flexion" I think is possible! It V2ed down the drop-off of the Popple Plunge Trail and was gone. I heard the local Yoopers sing the "Turdy Point Buck" song as I stared into the woods for another look. It was magnificent and quite a story for the morning.

I carefully practiced proper technique the next day as the speedsters blazed the trails. The melody from my "deerski" vision...Didja See Da Turdy K'er? Eh? Ya! ran through my head as I skied. On the drive home we were mesmerized with such things as all the various jaw positions of the dead deer passing by, heavily stacked, on trailers and trucks. We carefully differentiated that some of them had horns, though none in the "Thirty Pointer" class. Also, as far as we can make known, none had skis.



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