



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

Indicia

## Fall Workdays

Please come out  
 and help get the trails  
 ready for skiing!

October 14:  
 Blue Mound State Park  
 October 22: Elver Park

# Tuesday Nordic Nights at Tyrol Basin Promise Fun

## Walt Meanwell

The club will again be sponsoring the festive early-season skiing events at Tyrol Basin starting Tuesday, November 28th through December 12th. There's no better feeling for a Nordic skier in southern Wisconsin than to get on local snow before Christmas!

This is an opportunity for you to get on snow early and to try racing in a fun and low-key environment.

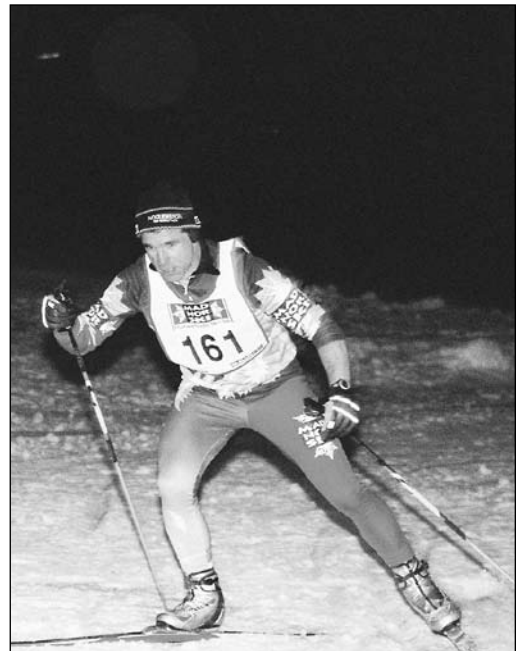
Pricing will be \$10 per night (\$5 children). We have had success getting young people involved in cross-country skiing through this event but price is an issue. We are looking for a donor who would be willing to subsidize half the cost for skiers under 18 who are enrolled in the youth program.

Last year this subsidy was around \$500. Let me know if you would be willing to help with this.

Here is the schedule:

- Tuesday November 28th. Open skiing at 6:00 p.m., racing at 7:00, Socializing and Bar opens at 8:00. Munchies provided.
- Tuesday December 5th. Open skiing at 6:00 p.m., racing at 7:00, Socializing and Bar opens at 8:00. Munchies provided.
- Tuesday December 12th. Open skiing at 6:00 p.m., racing at 7:00, Socializing and Bar opens at 8:00. Munchies provided.

Here's your chance to get on snow early and have fun with your skiing friends!



*Early-season races get you skiing on snow and socializing with other skiers. Isn't that what its all about anyway?*

# MADNORSKI News

News for members of the Madison Nordic Ski Club

October 2006 Vol. 26 No. 1

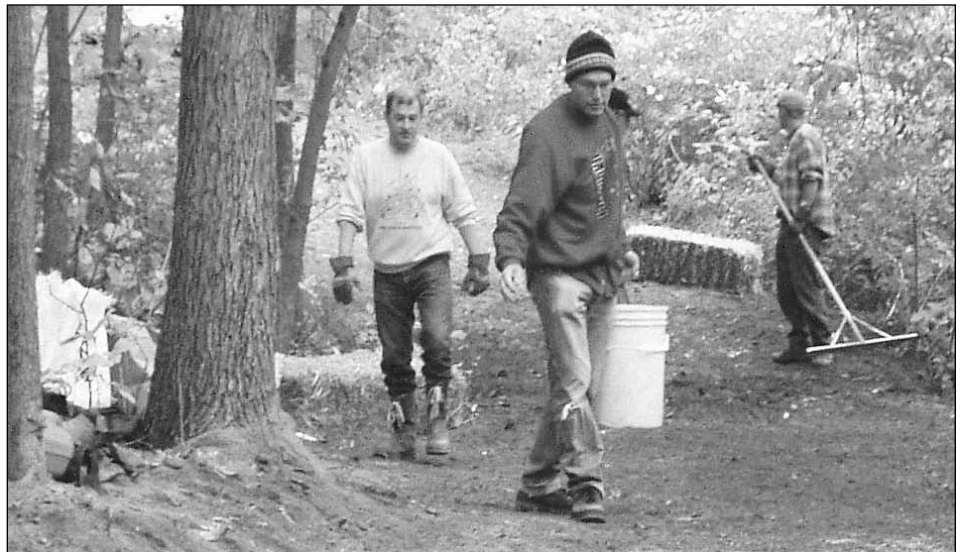
## Roller skiing and trail work ease us into the season



**Dirk Mason and Walt Meanwell**

With snowflakes dancing in our heads, we are busy getting ready for another wonderful winter with MadNorSki. But first we are preparing for roller ski season. Yes, you read that correctly. If you have not discovered the wonder of hitting the rural roads or bike paths on a crisp fall morning, check out the roller ski safety article to help get you going.

But for when the soft with snow actually arrives we need to have our trails in tip top shape. Your help is needed to get the trails ready for winter. Please support the MadNorSki workdays at Elver Park and Blue Mound State Park this fall. As you know, many hands make light work.



*Many hands participated at last year's workday at Blue Mound State Park. Heavy snowfalls in December made their efforts pay off quickly! Photo: Gail VanHaren*

That is all for now, we are busy getting the last of the home projects crossed off the list and gearing up for a white winter. Oops, is it too late to put storage wax on the skis?

## Upcoming Trail Work Days

**Tom Kaufman**

Two upcoming work days give you options on helping prepare local trails for the upcoming ski season and socialize with fellow MadNorSkis. The first is at Blue Mounds State Park at Noon on Oct. 14, (meet at the park's maintenance shed). The second is at Elver Park at 1:00 pm on Sunday Oct. 22 (meet at Elver's west parking lot).

Both parks' trails need brushing and clearing. Some equipment will be available. Bring a pair of work gloves, and any tools you have.

The work we do in the fall makes it more likely that we will be able to ski these trails this winter. This effort also demonstrates our commitment to making Nordic skiing a viable activity in our community. Come join the fun!

## Free Instruction Is Coming Your Way

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.

Lessons will again be offered at the Tyrol and Elver Tuesday Night Race Series races Nov. Dec. January and Feb. Club instructors are talented, experienced, and happy to help.

Please email Jimmy Vandenbrook at [jim.vandenbrook@datcp.state.wi.us](mailto: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.

# 4th Annual MadNorSki/R.S.S.S Pursuit

**Walt Meanwell**

It must be fall. The popular and challenging running/rollerski pursuit race is again being held in the beautiful hill-country around Tyrol Basin west of Madison. The event is on Saturday October 14th at 9:00 a.m. The 5 km trail run starts things off and takes place on a soft, rolling course. Then you get to roller ski 6 km up highway F. Several pairs of roller skis will be available. Race registration starts at 7:30 a.m. at Tyrol Basin. If you are over 22 registration is \$35; students are \$20. This year's event is a fund raiser for the 2007 Capitol Square Sprints. This is a good chance to test your early season form, donate to a good cause, and have some fun. For directions visit [tyrolbasin.com](http://tyrolbasin.com). Other information is at [capitolsquaresprints.org](http://capitolsquaresprints.org) or [madnorski.org](http://madnorski.org). You can also email Yuriy Gusev at: [Yuriy@rsss-usa.com](mailto:Yuriy@rsss-usa.com).



*The pursuit starts with a 5 km trail run at Tyrol Basin (inset) and concludes with a 6 km roller ski up County Highway F. Results are based on the lowest combined times. Photos: Yuriy Gusev*

Some heavy  
**SNOW** this season  
would be NICE!



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## October

- 14 MadNorSki/R.S.S.S. Roller Ski Pursuit Race; Tyrol Basin Ski Area; 9 a.m.; Registration 7:30 a.m.
- 14 Work Party at Blue Mounds State Park; Noon at the maintenance shed
- 22 Work Party at Elver Park; 1 p.m.
- 29,30 Roller Ski Clinic; Badger Prairie Park

## November

- 4,5 Club roller ski clinic; 9:00 am to 1:00 pm each day
- 9 Board Meeting 6:45 p.m.
- 11 Ski Swap; Shorewood Community Center; 11 a.m.-3 p.m.

- 13 Club Meeting; 7:15 p.m. Social begins at 6:30 p.m. Lussier Center
- 28 Tuesday Nordic Night at Tyrol Basin; open-ski at 6 pm, race at 7 pm

## December

- 5 Tuesday Nordic Night at Tyrol Basin; open-ski at 6 pm, race at 7 pm
- 7 Board Meeting; 6:45 p.m.
- 11 Club Meeting; 7:15 p.m. Social begins at 6:30 p.m. Lussier Center
- 12 Tuesday Nordic Night at Tyrol Basin; open ski at 6 pm, race at 7 pm

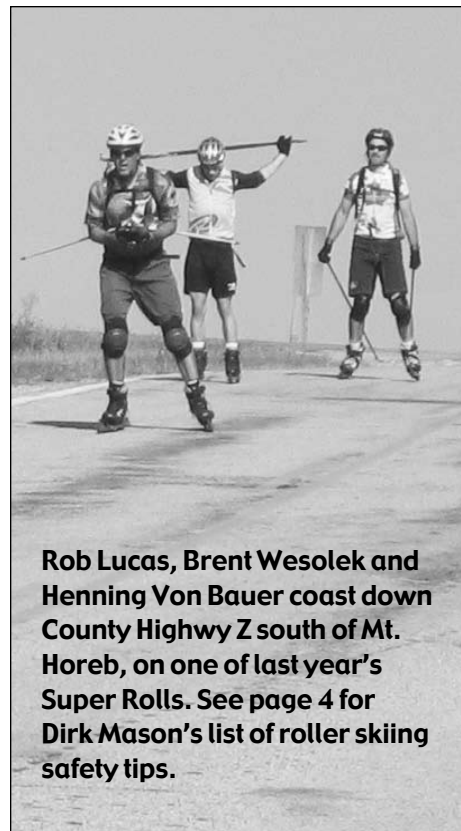
Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda
Thursday, Nov. 9	Monday, Nov. 13	New gear, pre-season activities	TBD
Thursday, Dec. 7	Monday, Dec. 11	Pot Luck	TBD
Thursday, Jan. 4	Monday, Jan. 9	Waxing for racing and recreation	Wax Demo
Thursday, Feb. 8	Monday, Feb. 12	Birkie stories	Juniors fund raiser
Thursday, March 8	Monday, March 12	Racing wrap-up Pot Luck	Election of officers

## Changes for madnorski.org

### Craig Heilman

As you may have noticed, the Madison Nordic Ski Club website at (madnorski.org) is undergoing some renovations. You will be seeing more changes over the next several months and we welcome your suggestions (use the "Contact Us" page on the web site).

One of the major changes we are making is that all membership payments will be processed through PayPal (paypal.com). PayPal accepts payments via credit card, debit card, bank transfer or another PayPal account. Note that you do not need to be a PayPal member or have a PayPal account to send payments to MadNorSki. We encourage all members to use the web site for renewals as it greatly simplifies administration for the volunteer board members.



**Rob Lucas, Brent Wesolek and Henning Von Bauer coast down County Highway Z south of Mt. Horeb, on one of last year's Super Rolls. See page 4 for Dirk Mason's list of roller skiing safety tips.**



## 2006-07 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

David Bell; davepbell@sbcglobal.net  
Tom Galliger;  
tom.gallagher@dwd.state.wi.us

### Publicity

Open

### Advertising/Promotions

John Riley: john\_riley@trekbike.com

### Newsletter

Ben Neff: ben.neff@tds.net

### Director of Instruction

Jimmy Vandenbrook: jpvanden@mhtc.net

### Youth Ski Chair

Mark Torresani;  
mark.torresani@rmtinc.com

### KidSki Chair

Mark Webber: mark.webber@covance.com

### Social Director

Gordy Barthowome;  
gbartholomew@fmserv.com

### Webmaster (interim)

Craig Heilman: craigh@bugsoft.com

### WNSF

Walter Meanwell: waltmeanwell@tds.net

### FunSki

Walter Meanwell: waltmeanwell@tds.net

# Roller Ski Season Safety Tips

**Dirk Mason**

Yes there is such a season, generally starting in September and going until, well... I will not jinx things. Let me just say the season lasts as long as it needs to. Roller skiing does a great job simulating skiing on snow but its not entirely the same. Asphalt and automobiles are not nearly as forgiving as snow and small trees. Because of this you will need to take some precautions while skiing.

So if you are an experience roller skier or someone considering your first pair of roller skis here are several tips that will help keep you and your roller ski pals safe.

1. Always wear a helmet.
2. Depending on your ability, you may choose to wear additional protective gear such as elbow and knee pads. Wrist guards make pole control difficult but gloves are effective and also prevent blisters. Hi-visibility vests and reflective material increase visibility.

3. Check your equipment. Verify the wheels are in good working order and that all nuts and bolts are tightened.
4. Choose low-traffic roads: bike paths, residential areas, back roads, etc. Check your usual routes before heading out, many area roads have been pea graveled over the summer. If you are new to roller skiing, practice on a flat, empty parking lot to get a feel for the skis. Learn to snowplow on shallow downhill and stop before venturing out on the roads. Note; snow plowing can be done very effectively but you need to start before your speed builds up; not half-way down a hill.
5. Learn to roll off the asphalt onto grass in an emergency. Get low and move your weight towards the back of your skis. You will fall forward.
6. Avoid routes that have stop signs or dangerous intersections at the bottom of hills.
7. When in doubt on downhill—walk.
8. Ski on the right-hand side and

follow the rules of the road. Act like a responsible cyclists, cars are more familiar with bicycles than roller skiers.

9. Ski single file. When skiing in a group the last person in line should call “car back” when a vehicle is approaching from behind. A bike-style mirror on your glasses can be very helpful.
10. When a vehicle approaches from behind skiers should move as close to the right as possible. If you are skating proceed to double pole or stop. Few drivers can relate to the amount of space that a roller skier takes up while skating.
11. When an on-coming car approaches the skiers in the front should call out “car up” this will alert others that may not be able to see around the group.
12. Bring a water bottle and remember to hydrate. Cycling jerseys with pockets allow packing energy bars, vest, etc.

Have a fun and safe roller skiing season!

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join us at [WWW.CXCSKIING.ORG](http://WWW.CXCSKIING.ORG) and enter to win **BIG Salomon ski bag!**

## Volunteer Corner

The MadNorSki Board has an opening for a **Publicity Chair**. Many thanks to our past chair, Kristi Wagner, she has relocated to Texas. This leaves us with a spot for an eager MadNorSki member ready to lend a helping hand. Should you wish to help spread the word about MadNorSki please contact Co-President Walt Meanwell: [waltmeanwell@tds.net](mailto:waltmeanwell@tds.net).

**WORKDAY VOLUNTEERS:**  
Every fall MadNorSki organizes at least two workdays to prepare for the ski season. Please refer to the announcement in the newsletter for dates, times and contact information.



# Second Annual Ski Swap November 11

**Tom Kaufman**

Whether you are looking for equipment for your kids, new racing or training equipment for yourself, or needing to clean out your ski room to make room for all those new 2007 models, put Saturday November 11 on your calendar. The second annual MadNorski Ski Swap will once again be held at the Shorewood Community Center. We will take equipment in from 8:30am to 10:30am. The sale will run from 11:00am to 3:00pm.

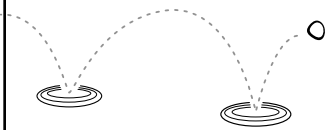
Experienced MadNorskis will be available to help fit skis, boots and poles. The club keeps 15% of each sale and money will be available to the sellers at subsequent club meetings. We had an excellent response to the ski swap last year and hope to see more skiers selling and upgrading their equipment. Nordic equipment of any type is welcomed at the swap.

Contact Tom Kaufman at [runski@charter.net](mailto:runski@charter.net) to help out.



*Eager equipment sellers register their goods at last year's first annual MadNorSki Ski swap. 15% of sales supports the club so clean out your basement and come on down!  
Photo: Kristi Wagner.*

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# Thank you Capitol Square Sprints Donors

## Dirk Mason

Earlier this summer Madison Nordic Ski Club and Blackhawk Ski Club members received a fundraising letter seeking donations for the Capitol Square Sprints. This effort was part of a larger challenge grant put forth by John and Leslie Taylor through the Clay-Price Fund. The Capitol Square Sprints Advisory Committee would like to thank those individuals that donated to help grow the event.

Many thanks to the following for their generous donations:

*Ms. Janet Axelson  
Scott Brandt  
Joseph and Susan Cline  
Stanley Du Rose Jr.*

*Kevin McKown and Nancy Fuller  
Ms. B'Ann Gabelt  
Shelly Gilbertson  
Thomas Grist Family  
Fritz and Kristine Grutzner  
Craig and Pam Heilman  
Leslie Dierauf and Jim Hurley  
Thomas Kaufman  
Jordan and Jessie Loeb  
Walter and Jean Meanwell  
Mr. and Mrs. Walter Meanwell  
Ben and Gail Moede Rogall  
Mr. Samuel Moore  
Phillip and Kathryn Pielage  
Pamela Propeck  
Mr. and Mrs. William Rattunde  
Patrick and Kathleen Remington  
Joshua Dietsche and Chris Remington  
Roy Rodgers  
John and Anne Schacherl*

*Carolyn Senty  
Jennifer, David, Gina and Jeff Sereno  
Madeline Uraneck*

A donor recognition event will be set for Wednesday, October 18, 7:00 to 9:00 pm at the Brocach Irish Pub on the square. The event will include light food and refreshments.

Did you forget to donate, wish you had or want to come to the party on October 18th? It is not too late. This is your chance to make the CSS happen once again and plant the seeds for a permanent annual event!

Please consider making a tax deductible contribution. We need your help now; we can do this!

Donor Name (please print) \_\_\_\_\_

Contact (if business donation) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Donor Signature \_\_\_\_\_ Date \_\_\_\_\_

I (we) wish my gift to remain anonymous  yes  no

Please make checks payable to Wisconsin Nordic Sports Foundation.

Suggested funding levels range from \$25 to \$15,000 with multiple benefit levels. Look online for perks and more information or to pay by credit card at [www.capitolsquaresprints.org](http://www.capitolsquaresprints.org)

If donating by mail, please return enclosed form to:

Capitol Square Sprints  
P.O.Box 930442  
Verona, WI 53593

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## Discount Program Supports Members and Merchants

### 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 Madison Nordic Ski Club membership will allow you some substantial discounts with our local partner vendors. We have been hard at work this summer getting more dealers signed up and adding discounts. And the discounts range from a flat percentage on Nordic gear to select items at reduced rates. For example, The Bicycle Doctor is offering a 15%

discount on cross country accessories and waxes. He has a list at the store select hard goods (Skis, poles, etc) discounted for members. Each vendor controls what items they will discount with details on the MadNorSki web site. So here is how it works:

1) Make sure your membership is up to date; only current members can get the discount. You will be required to have proof of your current membership with you when you go to a dealer. Membership confirmation can be a current newsletter with valid

mailing label or your printed online membership payment.

2) Check out what discounts the dealers are offering by checking [madnorski.org](http://madnorski.org). Once again you will need to print the dealer's discount program and take it with you.

3) That's it; go shopping!

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

# 2006 Madison Nordic Ski Club Clothing Order

## Dirk Mason

Are you ready to feel the pride of wearing the MadNorSki clothing or want to be recognized by other club members at your next Birkie.

The time has come to place a clothing order. You have seen the MadNorSki clothing at your favorite trail, race, or post-race watering hole. Now is your chance to get your custom designed MadNorSki clothing!

The clothing is manufactured by Louis Garneau, louisgarneau.com. For further detail, visit their website to get a greater understanding of the materials and sizing. The jersey is the Raglan Long Sleeve cycling jersey with a hidden zipper, the tights are the cross country ski – Factory Tights and the jacket is the Dragon Jacket (not listed on their web site) The jersey and tights are made of warm and soft brushed polyester fabric call Micro Airdry Elite. The jacket is constructed of soft nylon with a light weight dryfleece lining, great as pre and post ski attire.

Sizing for these items is shown in the chart at the bottom of the page.

There will not be a fitting prior to this order. There are many club members that have a variety of sizes. Should you feel the need to try the clothing on, feel free to post a request to the x-c listserve: xc@danenet.org. I am sure a kind member would be more than happy to let you try the size on. Note—you must be a member of the list to be able to send e-mails to it. You can join the XC list by sending the word “subscribe” as the subject of a message to xc-request@danenet.org.

Remarkably, the clothing costs have



Mark Plane is the odd-man-out without his MadNorSki clothing in this front row line-up at last December's Elver race. The complete outfit is affectionately nick-named "the clown suit".

Photo: Lee Unwin

remained relatively unchanged. Prices are: Jersey \$78; Tights \$67; Jacket \$122. These prices are very competitive for general ski clothing and this if for a custom design—you can't beat that!

Orders must be received by October 20, 2006. The club will not carry any inventory, so if you want the clothing, please place an order today.

## 2006 MadNorSki clothing order form

To place an order please mail the following to: MadNorSki Clothing, c/o Dirk Mason, 4605 Onaway Pass, Madison, WI 53711

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Clothing Items, Sizes and payment in full or 50% deposit (please make checks out to Madison Nordic Ski Club).

For additional information or questions contact Dirk Mason at ddmason@charter.net or 277-1881.

Item	Quantity	Size(s)	Payment
Jersey			
Tights			
Jacket			

SIZE	XXS	XS	S	M	L	XL	XXL	XXXL
CHEST	34	36	38	40	42	44	46	48
WAIST	28	30	32	34	36	38	40	42
HIPS	34	36	38	40	42	44	46	48

## November Roller Ski Clinic

### Walt Meanwell

Mark your calendar for the November club roller ski clinics. Many of you continue to ask about lessons on roller skis. Here's your chance to learn how to have fun safely. The skate clinic takes place on Saturday Nov. 4<sup>th</sup> and classic instruction is on Sunday Nov. 5<sup>th</sup> (9:00 a.m. to 1:00 p.m. both days).

This event is a fund-raiser for our Youth programs and all levels of experience are welcome. There will be a separate clinic for new and beginning skiers as well as free roller ski rental to pre-registered participants needing them. For more information visit madnorski.org.

If you're interested in purchasing new Marwe roller skis, you can help the Central Cross-Country Ski Association at the same time. Contact Yuriy Gusev for details at yuriy@rsss-usa.com or 608-385-8864.