



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

Indicia

Youth Programs

Walt Meanwell

Several good things are occurring for the next generation of cross country skiers. Coaching changes, expanded programs, and more funding are but a few of the expected changes.

Coaching

The next generation appears poised to get involved. Long time coaches Greg Jones and Yuriy Gusev are handing over the baton to Louise Jones and Bill Rattunde. A special thank you goes out to Greg and Yuriy for their countless hours spent teaching, waxing, driving, and the myriad of other details spent with the kids these past several years. Thanks also to Louise and Bill for stepping up to continue the Youth Programs. Please be sure to take a moment when you see these folks out and about to say thank you.

Participation

For the 2006/07 season the number

of kids in the clubs' four Youth Programs exceeded 75. The growth came primarily from the addition of the Wednesday night after-school ski program.

Equipment

R.E.I. has again stepped up to the plate. The store recently donated over 60 pairs of XC ski boots. We especially appreciate the addition of several of the larger size boots. Now more H.S. kids can participate in the After School XC Ski program. Thank you R.E.I.

Funding

We sent up a grant request for \$2,000.00 to the Birkie Foundation to continue to expand the after school program. For those of you who know Ned, Scott Chapin, Scott Wilson, Cindy, Dennis et. al. —Please put in a good word for us.

Donations

Many of the kids in the after-school program need warm clothes. We will again be asking for warm coats, gloves/mittens, hats, and scarves. Please keep

this in mind when you are getting out your winter togs.

Involvement

Many hours are spent by the local ski community helping get kids outside in the winter. Please consider helping us out. Keep an eye on the club volunteer corner and consider sharing some of your time with the kids. It's quite fun and very rewarding.

Structure

We now have in essence five Youth Programs. Three are more racer centric and two are geared more toward recreation. The more competitive programs are Silver Skiers (Middle School), Lodi (High School), and Juniors (Local H.S.). On the more recreational side are KidSki (Elementary school) and the After-School (all ages) programs.

The good news is that there are far too many people involved in all of these efforts to list here. You know who you are; Thank you!

MADNORSKI News

News for members of the Madison Nordic Ski Club

Fall 2007 Vol. 27 No. 1

Another Great Season Knocking at Our Door



Dirk Mason and Walt Meanwell

Knock! Knock! Do you hear that? That's Old Man Winter. As our daylight is getting shorter that only means one thing, it is MadNorSki time again. Get ready for a great season with the Madison Nordic Ski Club.

Board members have been busy taking off the storage wax off of the Madison Nordic Ski Club happenings. Once again we are getting a full calendar of events in place for our members.

Don't forget to participate in our Trails Survey, you should have received a post card around Sept. 10th asking for you input. Thanks to the Trails Committee for organizing this.

Many thanks go out to those that have been involved with our Youth programs. Look for the article in the newsletter for more details. Long time Youth volunteer Greg Jones is hanging up his coaches clip board. Thanks Greg! Coaches for the 2007-2008 season are Louise Jones (yes we said Jones), Bill Rattunde and Yuriy Gusev. Of course Mark Webber will be continuing to develop our young skiers with the Kid Ski program. Mark Torresani and Duncan Bathe deserve a pat on the back for all their efforts organizing the youth programs.

Our esteemed schwag meister, John

Riley, is stepping into the background while Harry Spehar and Dick Stienle will be taking up the charge of procuring all those great door prizes this season. Please thank JR for helping with the transition and Harry and Dick for stepping up to help out.

Over the summer MadNorSki officially became a Birkie Trail Friend, we have committed to sponsor two trails markers for three years. We just could not say "No" to Ned.

We have a lot in store for this season, continuing on what has made the Madison Nordic Ski Club a great organization and trying to build on this. Here are a few tidbits to expect for the upcoming year:

- Two trail work days – details inside
- NORDIC only Ski Swap – first weekend in Nov.
- Expanded bus trips – mark your calendars for Dec. to ABR and Jan. to Winter Park's Demo Days
- Early season Tyrol ski nights – late November/early Dec. These nights are not focused on racing, but to get fellow skiers out for some fun early skiing.

Check out details in this and future newsletters. All this and more can be found on the website. Thanks webmaster Craig.

As a final note, this is a board election year. Think about how you would like to help with the club leadership. We have not discussed who wants to continue on, but we anticipate some turnover. See you on the trails and roller skis this fall. Play Safe.

Membership Renewal Has its Benefits!

In addition to all the terrific benefits of MadNorSki membership (trips, Tyrol fun nights, Elver races, social meetings, ski swap and all the fun people!), there's another reason to renew early this year. Renew prior to the November meeting receive a free MadNorSki bumper sticker! It's easy and quick; just go to madnorski.org and click on "membership". Remember that your MadNorSki membership now expires on October 31 so there's no point in waiting!

A MadNorSki Bus Trip May Be In Your Future!



Check the calendar on page 3 for dates of upcoming club ski trips to the Great White North! Find more info in future newsletters and at www.madnorski.org.

Looking for Birkie Trail Friends!

Ned Zulesdorf

Most of you have played or raced on the fabulous American Birkebeiner Trail. The rest of you have at least heard about it. Thousands of people use the trail year around for running, hiking, mountain biking and of course, skiing, both for events and personal recreation. You may be unaware that the Birkie Foundation spends nearly \$100,000 a year to take care of the trail for you. The care we provide is year-round and includes erosion control and repair, downed tree removal, brushing, mowing and snow grooming. Even though it is a County Trail, Sawyer County no longer provides funding for this purpose outside of the Trail Head Parking and Trail Fee which generates less than \$10,000 each year. Bayfield County only provides about \$3,000. The Birkie Trail needs your help!

MadNorSki's own Don Becker came

up with the suggestion that we allow trail users to "adopt" portions of the trail to help us offset these costs. This idea has lead to creation of the "Birkie Trail Friends". MadNorSki recently sponsored two kilometers of the trail, 21K and 26K. Sponsor plaques have been installed at these points and MadNorSki now has a 24/7/365 presence on the Birkie Trail.

You too can become a Birkie Trail Friend. Do you enjoy the trail? Are you interested? Do you want to help? Here's how it works. You, or a group of you, or an organization or business provides a trail donation to the foundation and adopts a kilometer (K) of trail, for a three year period. We have had families and individuals, multiple families and individuals, informal "teams", ski and bike clubs, and businesses become sponsors. Some do it to honor a skier, some do it as

a gift for a skier, and all do it to help maintain this beautiful resource. We are a non-profit organization and your donation is tax deductible. We will use your donation solely for maintaining the trail.

In return, a sponsor plaque will be placed on the K-marker you adopt, identifying you, if you wish. You also receive a bumper sticker identifying you as a "Birkie Trail Friend". And, most importantly, you become part of the effort to protect the most famous ski trail in North America. Sponsorships are available for Ks on the Birkie Trail, Kortelopet Trail and the new and growing Birkie Classic Trail. You and your friends or business can be part of this and become a Birkie Trail Friend.

You can find more information at www.birkie.com/?page=1093, or contact us at birkie@birkie.com or ph. 715/634-5025.



This ski season three biathlon safety clinics at took place at McMiller Sports Center in the Kettle Moraine State Forest to teach the fundamentals of biathlon. Over 90 participants of all ages and skiing abilities from the Chicago, Milwaukee and Madison areas attended the clinics that were taught by Mike Zeigle and Mike Conway (above, with scope).

2007–2008 Calendar



October

- 6 Work Party at Blue Mounds State Park; Noon at the maintenance shed; 9 a.m.
- 21 Work Party at Elver Park; 1 p.m.

November

- 3 Ski Swap; Shorewood Community Center; 10:30 a.m.–3 p.m.
- 8 Board Meeting 6:45 p.m.
- 12 Club Meeting; 7:15 p.m. Social begins at 6:30 p.m. Lussier Center
- 27 Tuesday Nordic Night at Tyrol Basin; open-ski at 6 pm, race at 7 pm

December

- 4 Tuesday Nordic Night at Tyrol Basin; open-ski at 6 pm, race at 7 pm
- 6 Board Meeting; 6:45 p.m.

- 10 Club Meeting; 7:15 p.m. Social begins at 6:30 p.m. Lussier Center
- 11 Tuesday Nordic Night at Tyrol Basin; open ski at 6 pm, race at 7 pm
- 15 MadNorSki Bus Trip to ABR in Ironwood, MI
- 18 Tuesday Nordic Night at Tyrol Basin; open ski at 6 pm, race at 7 pm

January

- 3 Ski Swap; Shorewood Community Center; 11 a.m.–3 p.m.
- 5 MadNorSki Bus Trip to Minocqua Winter Park
- 9 Board Meeting 6:45 p.m.
- 12 Club Meeting; 7:15 p.m. Social begins at 6:30 p.m. Lussier Center
- 27 Tuesday Nordic Night at Tyrol Basin; open-ski at 6 pm, race at 7 pm

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda
fall newsletter			
Thursday, Nov. 8	Monday, Nov. 12	New gear; pre-season activities	TBD
Thursday, Dec. 6	Monday, Dec. 10	Pot Luck	TBD
Thursday, Jan. 3	Monday, Jan. 7	Waxing for racing and recreation	Wax Demo
Thursday, Feb. 7	Monday, Feb. 11	Birkie stories	Juniors fund raiser
Thursday, March 6	Monday, March 10	Racing wrap-up Pot Luck	Election of officers

Trail Support

Walt Meanwell

MadNorSki continues to reach beyond our little corner of the world to support the larger cross country ski community. We support Skinniski.com financially, we actively promote various events and races like the 24T and the Noque, and we write articles for various publications on XC ski related topics.

We are continuing and broadening this support by becoming a Birkie Trail friend. The board recently voted to commit to a 3 year funding level to total \$1800. With so many of our club members using the trail throughout the year we felt that this was a good investment for us all.

We have been recognized with trail

signs for this support North of and South of the OO trailhead on the Birkie trail. Look for them when you are out on the trail. Ned says they will bring you good luck if you rub them. Go to www.birkie.com to check out this program, and see Ned's related article for more details.



2007–08 Board

Presidents

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Time To Wake Up Your Skis

Greg Jones

It is time to wake your skis up after their long summer's hibernation. The first thing is get them scraped clean. I'll assume that you had a nice layer of glide wax covering them up over the summer. You want to scrape all of this off and brush them as clean as you can. I never like to touch my glide zones with wax remover but if you ever do now is a good time for it.

Now with your bases as clean as you can get them you want to check to see if they are flat. Do you remember someone telling you that you want to ride a flat ski? How can you ride a flat ski if the base is not flat? To check this you will need a GOOD metal scraper or other metal straight edge. Start near the tip and lay the straight edge across the ski. Put your eye down low next to the ski. Do you see any daylight

coming under the straight edge? Move down the ski eight to twelve inches and check again. Keep moving down the ski checking all along the way. If you are seeing spaces, your base is not flat, stop now. You should probably have them stone ground. You want to take them to a ski shop that routinely grinds cross country skis. Alpine skis get ground with different stones. Talk to them about which grind is best for your skiing. You can have different structures ground into the base of your skis.

If you saw no spaces or they were very very minimal carefully proceed with this next step. There are thousands of tiny ptex "hairs" on the bottom of your skis which can slow you down. We want to cut them off. Take that very good metal scraper with a very sharp edge and scrape the bottoms. BE CAREFUL! You will be scraping the ptex off the bottom of your ski. Start at the tip and place both thumbs behind the scraper, tilt the scraper towards the tail and with light to moderate even pressure take one long even scrape

towards the tail. Examine the leading edge of the scraper. You might see some black "fuzz" along the edge. If you don't, run your thumb up along the edge. You should see a little pile of "black fuzz" on the tip of your thumb. Those are the ptex hairs you cut off. You may have to make more than one pass, but be careful! It takes some nerve and a steady hand with the right touch, but you can improve the performance of your skis by doing this. You can also put a nasty gouge into your base if you are not careful.

After stone grinding or metal scraping you have opened up the pores on the base. You will now want to "soak" your bases with a warm (yellow) wax, or a penetrating wax. Scrape the wax while it is still warm, even molten. You will be removing any dirt that is floating in the wax. Brush and repeat the waxing process several times with the soft wax or a penetrating wax. You can now leave a coat of wax on the ski until you are ready for the "wax of the day". I hope that day will come soon and often.



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High School Program Programs Get New Coaches

Louise Jones

With the continued support of Madnorski and Blackhawk Ski Clubs our youth programs have seen a lot of change and improvements in the last few years. A big thanks to our coaches, Greg Jones and Lorie Wesolek and volunteers last year. This year Bill Rattunde and I will be stepping into the coaching ranks with the High School team. This is a program oriented towards skiers of all ability levels who want to compete in races. We will attend a number of weekend and day trips with the focus on High School Championships in February. The season runs from November 1st to March 1st with practices Monday through Thursday nights; 5- 6:10 pm. The program fee is \$350. For more information got tot madnorski.org or blackhawkskiarea.org. You can contact me (louisejones87@gmail.com) or Bill Rattunde (347-4708) with questions or if you want to help.



MadNorSki Youth skiers have fun—both on skis and off. They also spread the word that Madison has a strong ski ethic that starts early in life!

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Fall 2007 Early Season Skiing

Walt Meanwell

The club will again be offering the festive and popular early season skiing and racing at Tyrol Basin. We will again be part of \$12 Tuesdays.

You can get a jump on your competition by skiing and racing weeks ahead of your competitors. You don't even have to drive very far.

Recreational skiers are welcome to come out and play as well. This is also an excellent chance to try racing in a fun and low key environment.

Here is the schedule:

- Tuesday November 27th. Open skiing starts at 6:00 p.m. Race at 7:00. Bar is open.
- Tuesday December 4th. Open skiing starts at 6:00 p.m. Race at 7:00. Bar is open.
- Tuesday December 11th. Open skiing starts at 6:00 p.m. Race at 7:00. Bar is open.

Here is your chance to get on snow early and have fun. was a fairly cold month though, giving us our first day with a sub-zero high temperature since 1996 (a show of hands if you skied on that day). It all had to end, however: a mid-March surge of temperatures into the 60s erased all that bountiful snow cover after the 13th. All in all, the winter of 2006/2007 will be probably be remembered as one of the better recent ski seasons around here. It was a season where many discovered local gems like Pleasant View golf course in Middleton (where grooming expertise was appreciated after the big post-Birkie snows). For me, it was also the season when I discovered the simplistic freedom from "waxing mania" that a paste wax product (like Fast Wax Slick Pro) could offer—despite the prolonged snow cover, I glide waxed less this winter than any other!

Time For New Gear?

Tom Kaufman

The third annual MadNorSki Ski Swap will take place on Saturday Nov. 3. This is a great opportunity to sell some of your gently used equipment or to pick up some real bargains. You can find touring and racing equipment as well as kids' skis and boots. Whether you are looking to upgrade from your current stock or sell items that you just do not use that often, the Ski Swap is the place to do it. Drop off your equipment for sale at the Shorewood Community Center, 901 Swarthmore Ct, from 8:30 am – 10:00 am. The sale will begin promptly at 10:30 am and run until 1:00 pm. Sellers will receive their money for goods sold at the December Ski Club meeting. 15% of all sales will go to the Madison Nordic Ski Club to help support the many programs we offer. Sellers will be able to pick up unsold items at the Community Center from 1:00 pm to 2:30 pm. See you at the Swap!

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Upcoming Work Days

Willi Van Haren

This fall there will be two work days for area ski trails, Blue Mounds and Elver Park. Why not substitute a morning of light work and camaraderie for your regular work out? When you get done with the trail work you will have something visible to show for your effort and you will still qualify for the Mocha Latte Grande.

Our Blue Mound State Park workday is scheduled for Saturday Oct. 6 at 9:00 AM. Meet at the park maintenance area past the park office, or ask at the park entrance where we are working. People come and go so any time you can contribute is appreciated. The last several years have been very lightly attended. Remember that park budgets are bare bones and work like this is only accomplished by volunteers, that's us.

Our Elver Park work day will take



MadNorSki work crews help keep the trails at Blue Mounds State Park and Elver Park. Join in on Saturday, October 6 and Sunday October 21, respectively and get your Norwegian workout in! Photo: Gail Van Haren

place on Sunday Oct 21. Plan to come to the park at 1:00 pm and stay as long as you can. We will meet at the west trail head (the trails with lights) for some weed whacking and brush clipping. The Parks Department will provide us with some loppers and other tools. Any other tools you might have

would be greatly appreciated. This is a great opportunity to help ready our trails and part of our race course for the upcoming winter. Your work will be most gratefully appreciated by all of your fellow skiers. The work we do now pays dividends once the snow starts to fly.

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