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MADNORSKI News

News for members of the Madison Nordic Ski Club

December 2007 Vol. 27 No. 3

It's Time to Ski



Dirk Mason and Walt Meanwell

We have already seen natural snowflakes in the air; many MadNorSki's have actually been out on real snow. If you have not gotten out yet, you have the opportunity to ski on locally on man-made snow at Tyrol Basin and Blackhawk ski areas (membership required). By the time

this newsletter reaches you, there may be one more MadNorSki organized ski night at Tyrol, check the club's online calendar.

With the ski season nearing full-swing soon, the Trails Committee has been hard at work meeting with area parks officials and groomers. The Committee is doing a great job expressing the perspective of the cross country skier. These meetings hopefully are creating an open dialogue that will lead to long term improvements in our skiing pleasure.

The work being done by the Trails Committee goes hand in hand with the efforts underway by folks working

on snow making efforts. Yes there is word floating around about the City of Madison making snow. MadNorSki is working to be a part of this discussion and provide valuable input on the future plans for snow making. Stay tuned as we learn more.

We can always tell the ski season is upon us with all the ski related activity. The High School Program is in full swing, Bus Trips are organized to curb global warming and save you gas money, and everyone is talking about their upcoming ski plans.

The ski season enthusiasm is high, see you at the Potluck on December 10th to share in this excitement!

The Cause and Detection of a Serious Recreational Injury

Gerry Anderson

I attended the 2007 Mad City open cross-country ski sprints. The course was short and icy. After skiing several laps, I had a nasty fall on my left side. I had instant body pain and saw stars. Another skier stopped and gave me a hand in getting up. All I can recall is hobbling back to my friend's car and heading home for an ice pack.

My self-prognosis was just some bruised ribs on my left side since I had experienced that before. Over the coming days, I noted the ribs only hurt when I laughed or rolled over on them in bed. I was convinced the ribs were just bruised and would be less painful as each day passed.

Four days later, I decided to ski on the freshly groomed snow at Pleasant View

golf course. The snow was pretty good and the temperature was seasonal. I skied to the west end where one can view the Blackhawk ski jump. A long up-hill climb to the south was required in order to make the turn back east. This climb really fatigued me to the point I had real concern with my breathing. I had not experienced this much exhaustion before especially when striding.

Upon getting back to my car, I headed home and called the UW clinic. Fortunately, I got in fairly quickly. To both the doctor's and my surprise, I had four broken ribs and a collapsed left lung.

I was admitted to the UW hospital that evening. Fortunately, the lung puncture healed by itself and the lung was

completely functional after two days in the hospital. An interesting side note, a number of times while in the hospital my pulse rate fell below 50 bpm and the nurse came rushing into my room to see that I was still breathing. I jokingly indicated one of the benefits of cross-country skiing must be the reduced pulse rate!

Needless to say, the medical staff was amazed at how well my body coped with the broken ribs and loss of a lung. I am very grateful that my injury was detected through my decision to risk the injury and go ski that day. I recall having the goal of getting some great exercise that day without falling on my left side. So, back to the title of my article!

Capitol Square Sprints Update

Joe Cline

Dear Past Capitol Square Sprints Volunteer,

The CSS event committee wants to extend its deep appreciation for your hard work and commitment to the CSS. It would be impossible to present this event to Madison without your participation. This year's "Madison Winter Festival" is Saturday and Sunday, February 2-3. We have added a number of elements and have partnered with other entities. New elements and improvements are:

- We have simplified the course – no bridge!! The course will be half the block only – from Wisconsin Avenue to MLK.
- The city will let us start set up by noon on Friday.
- There will be a bigger snow board platform located on MLK, with a wider and flatter area for constructing the ramp. We will have a heavy-duty snow thrower provided by the city – to get

snow on the ramp!

- There will be a snow sculpting competition on West Washington.
- The three museums are sponsoring activities for our FitCityKids.
- There will be a "Ski with Olympic Stars" event for the kids, featuring two Olympic gold medalists.
- There will be a citizen team relay event

We have made Madison notice us every year and each year more and more people and organizations join us. There is something very special about our event. It is an event which invites people to embrace winter as a community – within the community.

Why am I involved in this? As an emergency physician for over 25 years, I spend a lot of time observing and thinking of the future of healthcare. Here are my beliefs which sustain my commitment.

I believe the greatest advancement of

"health" for our nation in this century will be from life-long and year-long physical routines that our children develop, pass to their children and role model to their grandchildren. To the extent that we, the active, can stimulate this trend, it will surely exceed in benefit all of the collective medical science advances directed at "healthcare". Our medical science is the finest in the world, yet, for the first time in history, our youngest generation has a shorter life expectancy than the generation preceding it. This is because of the explosion of preventable disease - disease which has always been with us, but now afflicts many more of us and at a younger age. I also believe that the collective technological advances of the past 50 years, which were expected to "improve" our quality of life, we have unwittingly allowed to steal our quality of life. Our healthy economic "growth" has thrived more on the technology sectors of comforts, convenience and indulgence, than on

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2007–2008 Calendar



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, Ironwood, MI
- 18 Tuesday Nordic Night at Tyrol Basin; open ski at 6 pm, race at 7 pm

January

- 5 MadNorSki Bus Trip to Minocqua Winter Park
- 3 Board Meeting 6:45 p.m.
- 7 Club Meeting; 7:15 p.m. Social begins at 6:30 p.m. Lussier Center
- 8 Elver Park Race Series; 6 p.m. registration, 7 p.m. Race

- 15 Elver Park Race Series; 6 p.m. registration, 7 p.m. Race
- 22 Elver Park Race Series; 6 p.m. registration, 7 p.m. Race
- 29 Elver Park Race Series; 6 p.m. registration, 7 p.m. Race

February

- 2-3 Madison Winter Festival and Capitol Square Sprints 5 Elver Park Race Series; 6 p.m. registration, 7 p.m. Race
- 7 Board Meeting 6:45 p.m.
- 11 Club Meeting; 7:15 p.m. Social begins at 6:30 p.m. Lussier Center
- 12 Elver Park Race Series; 6 p.m. registration, 7 p.m. Race

March

- 6 Board Meeting 6:45 p.m.
- 10 Club Meeting; 7:15 p.m. Social begins at 6:30 p.m. Lussier Center

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda
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

Fountain of Youth

Louise Jones

The MadNorSki youth programs are fortunate to have so many friends. Here's an update of recent generosity:

- R.E.I. donated over 60 pairs of XC ski boots to the Youth program,
- The Birkie Foundation honored our grant request at the \$1200 level,
- New Moon ski shop offered to help with new equipment at a big discount,
- Yuriy Guseve offered to get more equipment at a huge discount,
- Several club members committed to helping with instruction at the after ski, program (this could be you)

- Louise Jones and Bill Rattunde have signed on as new coaches,
- The City of Madison, Madison Parks Dept. and the Madison Community Foundation have held discussions for expanded programming in the winter for children's sports.

- Money has finally been set aside for snow making at Elver Park

While things are going well there is a still lot to do. You can help. If you have an interest in feeling young again contact Youth Programs director Louise Jones at: louisejones87@gmail.com



2007–08 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

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

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

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Advertising/Promotions

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Newsletter

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Youth Ski Chair

Louise Jones:
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KidSki Chair

Mark Webber: webber@chorus.net

Social Director

Gordy Barthowome:
gbartholomew@fmserv.com

Webmaster

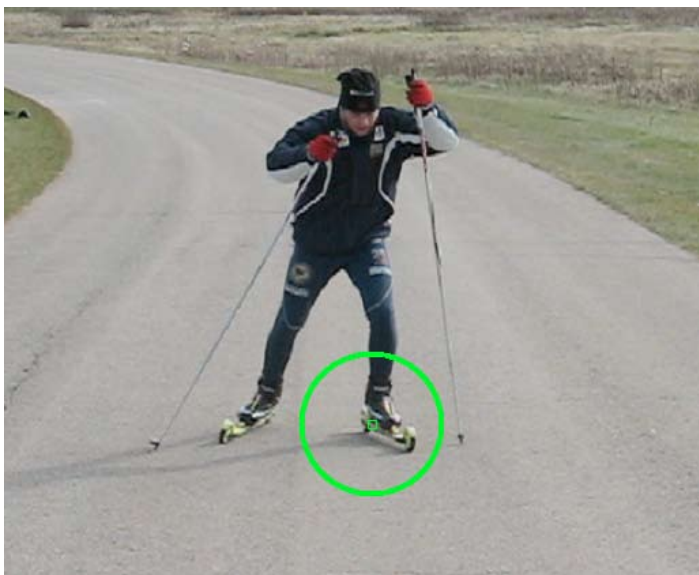
Craig Heilman: craigh@bugsoft.com

WNSF

Walter Meanwell: waltmeanwell@tds.net

FunSki

Walter Meanwell: waltmeanwell@tds.net



One-Minute Clinic

Yuriy Gusev

Winter coming up soon and there is a great drill you can do while you still rollerskiing. The goal of this drill is to plant your foot on the ball. By doing so you will keep your heap in the high and forward position which will generate

great momentum when you skiing.

Do it for all techniques: V1, V2, V2 Alternate (or open field skate), classic diagonal stride, double pole or kick double pole.

Try to land your rollerski on both wheels at the same time, front and rear.

If you have old rollerskis or old bindings on the rollerskis or have rollerskis and your rear wheel drags down try to attach the bungy from the ski to the ski boot in a way that when rollerski is off the ground the heel of the boot is touching the binding.

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2008 Madison Winter Festival

Yuriy Gusev

The history of Madison Winter Festival begins with the Capitol Square Sprints cross country ski event which was held for the first time in January of 2005 on the Capitol Square in downtown Madison, WI.

Capitol Square Sprints was the first North American cross country ski downtown international ski race and qualifier for the 2006 Winter Olympic Games in Torino, Italy. This competition drew more spectators, more sponsorships, more media attention, and more community support than any other cross country ski competition in the country, with the possible exception of our historic American Birkebeiner.

Following its inauguration, Capitol Square Sprints received participation requests from a variety of community groups including Wisconsin Special Olympics, Downtown Improvement

District, Fit City Madison, Boys and Girls Club, US Ski Disabled Team and Wisconsin High School League. This expansion led to a wide range of recreational events and a festive atmosphere for the whole weekend. Almost 1,000 participants and 15,000 spectators attended the 2005 event.

In 2007, the Organizing Committee made a decision to rename the event to better reflect its nature and Madison Winter Festival was created.

It is the mission of Madison Winter Festival to develop, enrich and promote fun and healthy life styles in the wintertime by showcasing snow sports and festive outdoor recreational activities.

Today, Madison Winter Festival is the community leader in developing, promoting and expanding winter sports and outdoor recreational activities.

The Festival offers the following events:

- SuperTour - Elite International Cross Country Ski Races
- Ice Sculpture Exhibition
- Fit City Kids and Seniors Programs
- Snow Sculpture Exhibition
- Wisconsin Cross Country Ski High School State Championships
- Open Cross Country Skiing
- Snowboarding and Rail Jam Contest
- Museum's Winter Special Events
- Snowshoeing
- Citizen Races
- Kids Races
- Snow Tubing Hill
- Disabled Ski Program
- Winter Outdoor Expo

Continued on page 8



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2007 Ski Swap a Success

Tom Kaufman

On a beautiful early November morning, buyers and sellers came to the Shorewood Community Center looking for deals. There were skis, boots, Cat-Skis, roller skis, and poles. Whether looking to sell or buy, it seemed that many people left the Swap with smiles on their faces. Racers were able to pick up nice deals on some great gently used skis. Sellers assured everyone that their equipment was fast and looking for a new home. Touring skiers were able to upgrade to higher quality equipment that will make their winter ski experience so much more fun.

The Swap raised \$350 for the Club. Money will be used to support our programs throughout the winter. As always, the Ski Swap is a great opportunity for everyone. There were many winners; sellers who picked up cash to fund their new purchases, buyers who picked up some nice

equipment, and the Madison Nordic Ski Club.

Many thanks to everyone who participated in the Swap. In particular, Chris and Susan Halverson and Rob Lucas took lead roles in making the day a success. Sellers will be able to get their cash at the December Ski Club meeting. See Tom Kaufman for your "seller envelope".

Renew Today!

Take a quick moment to renew now; 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!

Vendor Fair

Harry Spehar

We want to thank everyone for attending the MadNorSki Vendor Fair, the Sponsor support and the enthusiastic participation by the club was really great. We did indeed have a drawing for the items you signed-up for at each table. Please show your support to our generous sponsors, they have stepped up to support the club and its activities.

For those of you that won gift certificate, please send your mailing address by return to hkspehar@sbcglobal.net or call 608-212-6912 and we will send them your way. The hard goods will be available at the next MadNorSki. If you need them before then, please contact Harry Spehar or Dick Steinle and we will figure something out.

Cheers, The Schwagg Meisters.



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2007 USSA
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Program

From page 5

2008 Madison Winter Festival Tentative Schedule

NORDIC

Saturday, February 2nd, 2008

6:00 AM - Open Ski/Fit City Seniors
9:00 AM - Special Olympics
10:00 AM - Disabled Ski Program
11:30 AM - Fit City Kids
1:00 PM - Kids Race w/Olympic Stars
2:30 PM - SuperTour Woman's Team Sprint
3:00 PM - SuperTour Man's Team Sprint
4:00 PM - WI HS Championships Relay
7:30 PM - US100-World Record Attempt
8:15 PM - 3x3km Woman's Relay
9:00 PM - 3x3km Man's Relay
9:45 PM - Open Ski (Freestyle)

Sunday, February 3rd, 2008

6:00 AM - Open Ski/Fit City Seniors

9:30 AM - Woman's Qualification (Classic)
9:45 AM - Man's Qualification (Classic)
10:30 AM - WI HS Championships Sprint Girl's Qualification (Classic)
11:00 AM - WI HS Championships Sprint Boy's Qualification
12:00 PM - Disable Ski Program 2:00 PM - SuperTour Finals
3:30 PM - WI HS Championships Sprint Finals (Classic)
5:30 PM - Citizen 5km Criterium Woman's Race (Classic)
6:00 PM - Citizen 5km Criterium Man's Race (Classic)
7:00 PM - Corporate Challenge Snowshoeing Relay

RAIL JAM

Saturday, February 2nd, 2008

12:00 PM - Open Riding
5:00 PM - Capitol Revolution Open Contest
7:30 PM - Tyrol Avalanche Contest
8:45 PM - Open Riding

Sunday, February 3rd, 2008

12:00 PM - Open Riding
3:00 PM - Capitol Revolution Open Contest
4:30 PM - Tyrol Avalanche Contest
5:45 PM - Open Riding

FESTIVAL

Saturday

8:30 AM - Disabled Ski Educational Program
9:00 AM - Museum Winter Tours & Special Events
10:00 AM - Snow Tubing Hill
11:30 AM - Winter Bike Tours
12:00 PM - Winter Expo
12:00 PM - Ice Sculpture Exhibition
2:00 PM - Snow Sculpture Exhibition

Sunday

10:00 AM - Snow Tubing Hill
12:00 PM - Museum Winter Tours & Special Events
12:00 PM - Ice Sculpture Exhibition
2:00 PM - Snow Sculpture Exhibition



Madison Winter Festival

February 2-3, 2008

KIDS & FAMILY EVENTS
CROSS COUNTRY SKIING
ice & snow sculptures
SNOWBOARDING
MUSIC & LOTS OF FUN
elite competitions
SNOWSHOEING



www.winter-fest.com

From page 2

efficient production of true utilitarian needs. This has so directly “fed” the “growth” of our citizens and their health decline that, ultimately, when the age-related diseases of the “boomers” meets with the obesity related diseases of their children and grandchildren, we will arrive at, what I refer as, “Healthcare Armageddon”. Only wide-spread life style and cultural change will stem it. It calls for action. Our citizenry desperately needs “teachers” like you and me, everyday, everywhere in the coming years--walking, biking, moving. They need our positive encouragement and example--not to train for an IRONMAN or a marathon. We just want to them to get out of the house--and bring their kids with them!

So what does this have to do with the Capitol Square Sprints?

1. The CSS is not televised – to watch you must get off the couch. 2. You can actively participate – you can’t do that at Camp Randall, the Kohl Center or

inside your TV.

3. You can’t sit at the event - even if you could, you wouldn’t – its winter--its too cold to sit!

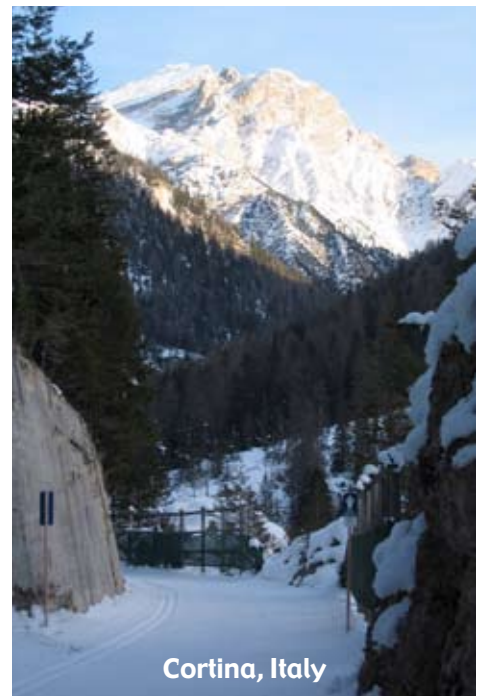
Finally, we arrive at the central principle – the axiom behind embracing winter for better health -- Winter is only enjoyed outside when one is moving. When one does not move, health declines, young or old. When you are active in winter, you are “out of the gates” come spring and you sustain it through the year.

Yes, we want to show people the activities we love – skiing, snowshoeing and snowboarding. But the key minimum is enjoying winter -- being outside, moving and witnessing nature, merely walking with those who are dear to us. The delivery of this message is so easy. It is simply our smile, our laughter and our excitement – “we love it out here”!

So, let me thank you once again for your commitment. Thank you for what you do to make the event possible and demonstrate that winter must be

enjoyed – actively – for your health!

We hope you can help us again this year to deliver our very important message by being a CSS volunteer. Further updates will be coming and I promise, no more sobering prophesies!



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Madison Nordic Ski Club

Two Bus Trips to Minocqua Winter Park or ABR December 15, 2007 and January 5, 2008

Head north for skiing and skip the hassle of driving! Both trips will head to Minocqua Winter Park, but if snow is insufficient at MWP, then ABR will be the destination. Either place is a winner.

Board bus at UW Lot 60 at 6:30 a.m. Arrive at MWP at around 10:30 or ABR at around 11:00. Ski until about 4:00. Depart at 4:30 and be home around 8:30. Party (or sleep) on the bus – no driving! Cost is \$45 for each trip, which includes your trail pass.

Ski instructors will be available for each trip – Improve your technique!

MWP has 75 km of trails, a snack bar and a dining area, plus a telemark hill. January 5 is Silent Sports Demo Day at MWP, where you can try out the latest equipment.

ABR has just completed 13 km of new trails and improved some of the existing trails. Enjoy 55 kilometers of groomed trails spread over 1,000 acres, complemented by an expanded ski shop, an expanded warming cabin with additional seating and restrooms and a sun deck to the south of the cabin.

Please contact the trip leader (below) for your trip for a registration form

Leaders

December 15: Errol Hartman, 255-6637, errolhartman@sbcglobal.net

January 5: Paul and Karen Matteoni, 242-1549, paul_matteoni@hotmail.com

Itinerary

6:30 am	Board the bus: UW lot 60 (Walnut and University Bay Drive)
6:40 am	Departure time
10:30 am	Expected arrival time at Minocqua Winter Park
10:30 - 4:00	Ski all day
4:30 pm	Departure to Madison
8:30 pm	Expected arrival back in Madison

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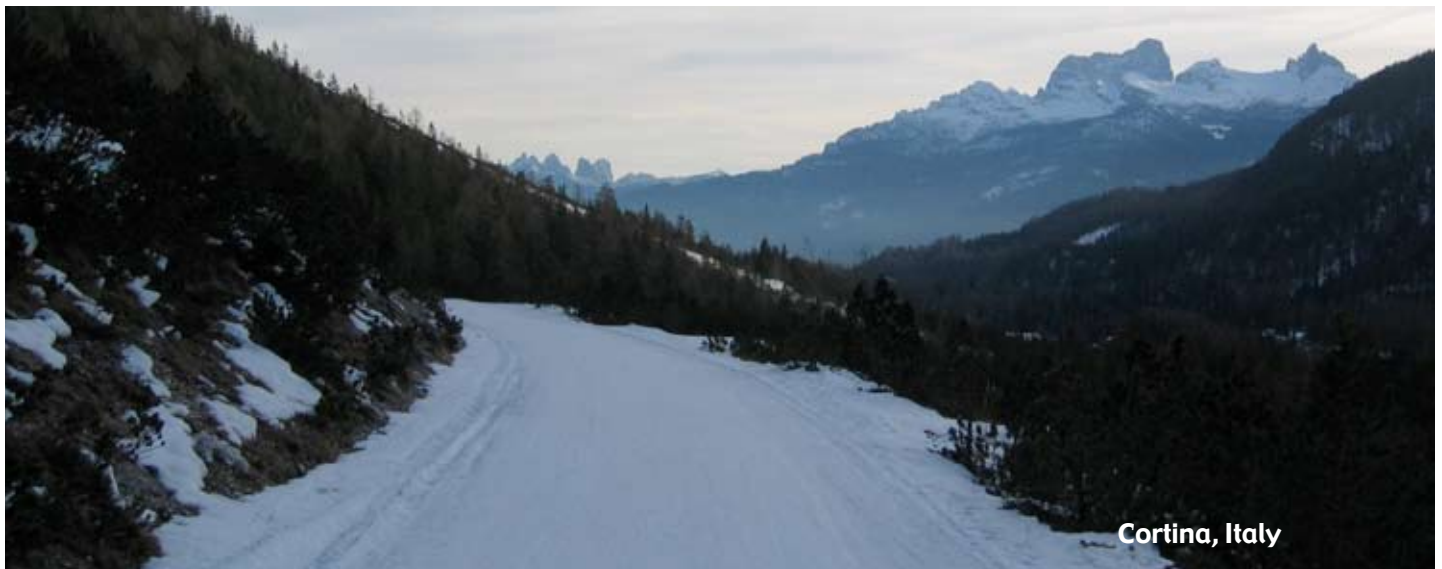
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