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MADNORSKI News

News for members of the Madison Nordic Ski Club

February 2008 Vol. 27 No. 4

Vibrant Ski Club Seeks Members for Board Positions



Dirk Mason and Walt Meanwell

The ski season is in full swing, despite the usual January thaw, we are skiing strong here in southern Wisconsin. That early season rain proved very usual in protecting our skiing during the thaw by providing a solid base of ice that survived the post-holiday warm-up. Just think of all the emissions we are saving this winter by not chasing snow!

Speaking of emissions and global

warming while continuing the “theme” of last month’s “Presidents’ message”, we are in the process of lining up the February meeting’s presenter. The tentative topic is Global Warming. We would like to bring in the question “And, What Does this Mean for the Nordic Skier?”. We have many talented club members with expertise in this area; we could have a lively Q&A session. Along these lines, Co-President Dirk Mason’s post ski-season research project is to try and get a handle on what the emission savings would be if the club switched from the hardcopy mailing of the newsletter to an e-newsletter. Actually, that would be Ex-Co-President Mason.

Yes folks, Walt and Dirk are ready to pass the torch. There will not be an entire exodus of the Board, just a handful of folks are moving on.

Please see the article about succession planning on page 9 and think about how you can help the club.

Help you say? Yes MadNorSki help can happen many ways. That is what makes our club so strong. We are indeed a volunteer driven organization, from the Board and Committee members, to races, lessons, bus trips, youth programs and our volunteer presence at the Madison Winter Festival. Thanks for everyone who helps what the club as vibrant and strong as we are. Do you have ideas for what you would like to see the club doing? The board is always open for ideas and solutions on how to make it happen. Our club is full of talented folks, don’t be shy; show us what you can do.

See you all on the trails!

Dirk and Walt

On Being Inga

Gail Moede Rogall

Note; See the accompanying article on page 3, Birkie Warriors 2008.--Ed.

We called him the Birkie Baby before he was born. When our son was born in mid-February, it was the weekend before the Birkebeiner ski race. I realized he’d be the perfect age next year to portray Prince Haakon, the infant prince, whose rescue by two Birkebeiner warriors across the mountains of Norway over 800 years ago is commemorated by the race. What I didn’t envision is that there might also be a role for mama.

When I saw the press release from the Birkie office announcing that there was a competition, not only for the warriors, Torstein and Skervald, but also for Prince Haakon’s mother, Inga, I had to apply. It was a perfect opportunity to be part of a cherished event, but not feel the pressure to actually race. The Kortelopet is my distance of choice this year. Someday I may have time again to put the training hours in, but I’m happy now if I can get time for a quick ski once or twice a week. Note to anyone looking for training ideas: load up a healthy chunkalunk infant or some rocks into a pulk and ski up hills!

For those who haven’t seen the essays on the Birkie Web site, I’ll include them below. The winners were chosen by the previous Birkie warriors from the past 2 years. At least they didn’t require experience skiing in a skirt. Our job, besides re-enacting the historic event, wearing clothing of the period and skiing on wood skis, is to serve as “ambassadors on the trail” encouraging both skiers and volunteers. There’s a delightful children’s book called *The Race of the Birkebeiners* by Lise Lunge-Larsen that describes more about the history of the Prince’s rescue and Inga’s role.

Continued on page 5

Counting K's at the 24 Hours of Telemark

Renee Callaway

As I wandered around the chaos of my hotel room I wondered what I should eat. Nothing sounded good. I opened the pizza boxes sitting on the end of one bed. The veggie looked pretty good so I took a piece. What else? I went out to the balcony and rummaged through the cooler. I spotted a few frozen waffles I had forgotten about and brought those inside. I searched around for an outlet for the toaster and ended up with it precariously perched on the edge of the sink.

In only a short period of time I had a delicious snack of veggie pizza and a frozen waffle. Reclining on the hotel room bed I savored first the frozen waffle and then I consumed the veggie pizza. This I washed down with a carbonated juice drink. I looked at my watch and it was 1 am.

What possible reason could someone long past college age have for this kind of eating; especially this late at night? The only answer is the 24 Hours of Telemark—part-race, part-party and part-excuse for staying up all night.

What makes a person even think of signing up for an event that requires skiing on little to no sleep? Two years ago when I first did the event I did it for “girl time.” I loved the idea of taking on a challenge with five other women; especially ones that overlooked the fact that I'm not a great skier. I have to say that both years I've done the event I've laughed and giggled as much as I've skied.



Chris Halverson and Tom Kaufman ski their way to first lace in the 24 Hours of Telemark two-man, 12 hour division. Photo: Renee Callaway

However, I've also discovered that the 24 Hours of Telemark allows me to “kick start” my ski season. I never really start skiing until I'm done with my bike season, which ends for me at Cyclocross Nationals in mid-December. It always feels crazy to be doing a ski race only 3 weeks later but it allows me to get in lots of kilometers in a short period of time. Once you've forced yourself out skiing on less than an hour of sleep the rest of the season's skiing seems just a little easier.

Why a 24 hour race? Really, why not? If you're not a ski racer then this is a great event to challenge yourself with. After a lap or two everyone is all mixed together and it's hard to tell who is winning and who isn't, so it isn't like those point-to-point races (with the volunteers who encourage you with “you can do it” even though their tone questions if you can). And let's face it, at 4 am even the best skiers can find their technique is a little less than

stellar.

If you are a racer you can band together with other fast skiers to challenge yourselves or maybe this will give you a way to do a race with friends who aren't serious about racing. You can find out how you perform when it is late, dark and you haven't slept. Maybe you'll find that you're the kind of person who sees Sasquatch or has a spiritual vision in the middle of the night out on the ski trail.

Maybe, like me, you'll find out that after 45 km of skiing with almost no sleep that you aren't sure how to answer the announcer when he asks you how many kilometers your team has skied. Let's see 6 women, 5 km laps, ummmmm . . . “lots and lots of kilometers I'm sure.”

No matter what, I assure you that you will have memories to laugh about for years to come.

Junior Racing News

Dale Fanney

The formal race season kicked off with warm tough conditions at the Waukesha County 6.3 km skating race on Jan 5th. Waukesha West dominated both the boys and girls race with 6 points and 1-2-3-place sweeps. In the boys race, Sheboygan finished second and Lodi third. In the girls race, Lodi finished third behind West Allis/Racine.

The Madison West Team traveled to Conserve School on 1/12 for a HS classical race with Corrina Jones

finishing 8th overall. Warm temps cancelled the Elver Race on 1/8, but the following week brought perfect conditions for a High School Race between Madison West, Lodi and Waukesha West. The boys race featured a solid first place finish by Birken Schimpff over Waukesha West's Matt Dugan and Luke Gesior. Waukesha won the boys race, followed by Madison West and Lodi Third. The girl's race came down to a photo finish between Waukesha's Krista White and MadNorskis's Corrina Jones, with

Corrina losing out by one second. Waukesha again dominated the girls race with Lodi second and Madison West third.

This weekend's arctic blast may cancel planned races for Saturday 1/19, but the Jan.23rd classical 4.4 km Conference race at Lapham Peak has a great forecast. Sheboygan hopefully will attend the race and is considering joining the South Conference. After Wednesday, all teams will face each other again at the High School Relays on the Square Feb. 2nd.

2007-2008 Calendar



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, Feb. 7	Monday, Feb. 11	Birkie stories	Juniors fund raiser
Thursday, March 6	Monday, March 10	Racing wrap-up Pot Luck	Election of officers

Birkie Warriors 2008—Ability, Passion, Tradition

Thom and Gary Gerst, (brothers)

Note; this is the winning essay that the Gerst brothers wrote to be this year's Birkie Warriors. It is reprinted here to give context to On Being Inga, Gail Moede's article on Page 1.—Ed.

1. We were born to do this! Our great grandparents (Thorvald and Karen Danielsson) came from Bergen, Norway- the capital of the rescued prince's future domain. Karen's maiden name was HAAKONSSON. We claim no direct lineage from the prince, but will present DNA on request.
2. Gary has skied 27 Birkies (Birchleggings Club member). Many of his races were on wooden skis and, by today's standards, in costume. Thom has skied 17 Birkies- his first in 1979. He was on the "every 5 year" plan until he paid heed to the lyrics "you better put some time into trainin'." We both finished the 2007, 90 km Vassaloppet in Sweden in poor trail conditions.
3. Gary has devoted himself to developing Nordic skiers as a high school coach for over twenty years.
4. Thom was the One Ski Guy (completing the last 43 km of the Birkie on one ski) in 2004. He anticipates earning a Worldloppet Gold

- Masters award two weeks before the 2008 Birkie.
5. We can speak Birkie- "Remember that icy day we got air on the first hill after Heartbreak?"- and we know Old Birkie as well as the newer dialect: High Point vs. Lindskoog Lookout; falling for other's entertainment was at Mt. Telemark's Stormoen and is now at Bubblehead Hill; last climb of the race was Highway 77 Hill and is now El Moco.
 6. Northern Wisconsin is in our blood. Since we were little squirts we've spent weekends at our cabin south of Cable. This is the place we learned to appreciate skiing, white pines, rolling hills, staghorn sumac, scenic rivers, the old Telemark chalet's Ratskeller, and the occasional dry fly hooked in the ear.
 7. When we get to Valhalla we'd like to have a beer with the original Inga of Vertaig, Torstein Skevla, and Skervald Skrukka. OK, Haakon IV too; he's got to be old enough by now.
 8. We both drive a Subaru. Sponsors- among many others- make this event possible.
 9. The Birkie is our New Year's Day.
 10. You Want Birkebeiners? We'll Give You Birkebeiners!



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Klister Club Nominations

Dirk Mason

The Board is seeking nominations for the next round of inductees to the Klister Club. Please submit your nominations by noon on February 7th to Dirk Mason (ddmason@charter.net). All nominees must have a brief paragraph outlining how the individual meets the criteria of the Klister Club.

The criteria are as follow:

- ambassador of Madison Nordic Ski Club
- ambassador of Nordic skiing
- actively contribute to the Nordic skiing community
- participate in organized Nordic skiing activities

The board will review all nominations at the February board meeting and club members will cast their ballots at the February meeting.

Klister Club inductees will be announced at the March meeting.

Klister Club:

2005
Ned Zuelsdorf
Jimmy VandenBrook
Madeline Uranek

2006
Greg Jones
Mark Torresani
Don Fariss

2007
Don Becker
Sepp Candinas
Willi VanHaren

Youth Needs your Help!

Louise Jones

On Thursday evenings from 4-5 and Sunday afternoons from 3-4 our Kidski/Intro to Ski program meets at Blackhawk Ski Area. Between the two days we have over thirty participants ranging in ability from first-time skiers to those skiing since they could walk. We need your help in teaching kids 4-11 to ski, play games, and have fun on skis.

On Thursday nights many of our participants are from MSCR and a number of them cannot afford warm clothes. We are asking for donations of all types of children's winter clothes, particularly snow pants. Clothing can be dropped off at the Blackhawk East shelter in the donation box.

Contact me via email at louisejones87@gmail.com to find out more. Thank You!

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From page 1

I'll also include the training plan for Bjorn (2008 Prince Haakon) that Torstein and Skervald developed. By the way, Thom Gerst is the "one-ski guy" from a few years ago, who broke a ski early on in the race, but continued to complete the event on one ski.

Application To Ski The 35th Birkebeiner As Inga From Varteig

by Gail Moede Rogall

Cross-country skiing has been my favorite sport ever since I was young. I started skiing on wood skis that had a simple rubber strap for a binding when I was 4 years old. I distinctly remember when I "graduated" to cable bindings; next came 3-pin bindings and actual cross-country ski boots. Wood skis were the norm back then. I downhill skied too, but cross country became my passion because I loved the natural beauty and peacefulness I found along wooded trails. I first skied the Kortelopet in 1992 and have completed several Birkies since

then. I began as a recreational skier, mainly concerned about finishing, not about speed. I was (and still am) impressed with the incredible volunteer support during the event. Over the years, I became more interested in challenging myself as a skier and began to train more seriously. I also decided to enter more ski races, as I had been bitten by the racing bug. I enjoyed trying to beat my own personal records and move up to the next wave. Weekends at home during the winter were a rarity, but that all changed dramatically last year. Now I'm racing after my 8-month-old son, Bjorn, and will pull him while skiing in a pulk until he's older. I'm back to skiing just for the joy of it, so I can relate to many types of skiers who are doing the Birkie or the Kortelopet: from serious racers to those who are doing an epic event for the first time, including the 12 km Prince Haakon. Being a new mother, I feel a connection to Inga and her story; however, I also love to share my joy of skiing and want to encourage others to join me. It would be an honor to represent

Inga from Varteig, mother of Prince Haakon, during the 35th annual Birkebeiner and be an ambassador of goodwill on the trail, encouraging all skiers and the dedicated volunteers.

P.S. I have volunteered Bjorn for the part of Prince Haakon... and I own a beautiful pair of wood skis!

E-mail from Torstein:

Gailinga: Skervald and I have consulted the country's finest pediatric kinesiologists and we've found a great diet and exercise program for Bjorn to keep him down to rescuing weight. Mostly this consists of cruising repeats in the morning and evening and eschewing those 2nd and 3rd helpings. Ten minutes of beard play several times weekly and a Wheeeeeeeee ride in a carrying sack down any Main Street in Wisconsin should do for early season training. Things will undoubtedly get more rigorous come February. Skiing in a skirt? I thought those Norwegians were more practical than that.

—Torstein

Trails and Grooming Committee Excels

Walt Meanwell

Given the terrific results that this committee has produced for local XC ski conditions this year we can only wonder why we didn't get it together before. In addition to meeting with groomers from the cities of Middleton and Madison, as well as the county and state parks departments, they also appear to be able to make it snow. There is even talk of hosting a grooming clinic for area groomers in Madison. Be sure to thank these weather wizards when you next encounter one. Special thanks to chair Brock Woods and the very hard working committee members of Jim Coors, Mark Plane, Nancy Weigand, Dick Steinle, Dirk Mason, and Tom Schiraz, Pete Anderson, Clare Seguin, , Dave Robb



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Unabashedly I kiss my way down a ski trail in broad daylight or full moonlight. It happens while dancing on my skate skis, waltzing along to a swish 2-3 song.

Ski-dancing is more than a way to get fresh air and exercise during the snowy season. It's a fine blend of balance, rhythm, flexibility, and fluidity. Similar to skate or free-style skiing, the side-to-side sway looks and feels easy although it's more of an aerobic workout than traditional skiing (aka classical or diagonal striding). The key to a relaxed and enjoyable "Kiss-ski" is three points of contact that complete the choreography of this lovely ski dance on snow.

For best results, start on a semi-flat freshly groomed or lightly snow-dusted skate-ski trail with the backdrop of a white winter wonderland beneath

a brilliant blue sky and bright sunshine. Ideally, the dance path entices us through a serene stand of spruce, hemlock, fir, red, jack, and/or ponderosa pine on gently rolling terrain.

Sans poles (left lovingly at the side of the trail), stand upright with knees slightly bent. Step your left ski pointed at a 45-degree angle outward, shifting your weight gently onto and directly over the ski while your right foot gives a solid push. As your right leg extends with the push, center your body over your left ski for a steady glide. Let your body rock naturally back toward the right while you push down and away with the left ski, flexing your knees and leaning into a rhythmic sway. This "kick-sway-glide" is a prerequisite for Kiss-skiing.

Now begin kissing the tail of your skis – yes, kissing your skis!

Listen to a quick percussive tap from behind that occurs in the instant

between pushing off on one ski and setting down the other for glide. When your technique is smooth, synchronized, and symmetrical, your ski tails cross each other with every V-angle of your waltz, setting a zig-zagged wedge pattern in the snow. The lighter your step, the sweeter the sound! You may not hear the tap, but you might feel your ski tails kissing with each confident stride.

Don't stop with just a tail-kiss! There's another, softer kiss that will help you gain confidence step-gliding around downhill curves and tight turns. Prepare for your boots to be kissed!

Straighten into an upright body stance with your knees flexed. Now imagine magnets on the inside ankles of each ski boot. Keep the same V-pattern of your kick and glide, but just before you transfer your body weight so the gliding ski can begin its kick, let the ankle magnets draw your heels together

Continued on next page



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From previous page

for a gentle bump. Immediately following this “bumpkiss,” set your gliding ski down before leaning into the glide to assure that your tail-kiss will happen. After the tail tap-kiss of your kicking and gliding skis, let your body sway naturally into the glide.

If ankle-magnets are difficult to imagine, try attaching them to the inside of each knee to take the focus off your (sometimes unwieldy) skis to help draw your ankles close. Your knees won't actually brush together, but they will entice the opposite ankle and heel to meet for a gentle boot bump. Once the ankle-to-heel bumpkiss happens, a series of push-bumpkiss-sway-tapkiss-glide movements follow.

If you are lucky enough to be skiing on an ungroomed shallow layer of powdery light fresh snow on a golf course, turn around and note the symmetry of your ski-prints. Ski back alongside your own tracks to appreciate the uniformity of each glide. Ideally, a continuous fish-scale line of groove-marks intersect the tail of one ski with the mid-section of the other ski halfway between the tail and the heel of the boot binding. A distinct y pattern

spaced evenly between each connected groove is a beautiful sight!

All the while your arms should be swinging like a pendulum, side-to-side across your torso in elephant-trunk motion to muster momentum. When this becomes comfortable, include your poles in the final kiss.

Skate-skiing uphill requires concentrated poling. Your arms drop alongside your body, then extend in a backward push. But when ski-dancing on flat terrain, a light relaxed push of the pole away from the body allows the return upswing to sway the body into the shadow of the kicking ski. The timing of upswing and sway brushes the pole against your leg just below the hip. This “pole-kiss” works best with a relaxed grip that allows the pole to bounce off your leg and give your fingers and wrists a rest while the pole rebounds into your arm's next upswing.

If planting your pole during the sway gets complicated and hinders your rhythm, let your arms hang loose at your sides. Cradle your poles lightly, keeping them nearly horizontal to the ground. Let the grips roll from palm to fingertip in tandem with your swaying body. The poles will gently bounce

off your legs as their tips sway behind you like a waving flag. This is how your poles should react immediately following a push-plant. Maintain a steady gait for confident control of both pole-strokes and ski-glide.

Even if you incorporate only one of the 3 “kiss” points (tapkiss, bumpkiss, polekiss), you're on your way to dancing on snow. Kiss-skiing is most enjoyable at moderate speeds, and quickening your pace will test coordination and increase your heart/pulse rate for a workout. You'll notice improved endurance for long distance skiing – and still feel energized when finished!

The initial slow-motion practice will quickly turn your learning curve to fast, steep, and fun! Soon you'll be waltzing effortlessly on your skis while others watch with admiration. Ski-dancing is a light-hearted approach to serious skiing. While not for everyone – and many don't condone such ardent kissing in public – most will agree that the Kisski technique is a truly unique way to enjoy a frosty winter frolic.

Youth Programs Enjoy Snow at Home

Louise Jones

We are in full swing with lessons and training for ages 4-18 provided by our numerous coaches and volunteers. This year we have been continuing to strengthen our bond with Blackhawk to help develop and grow all of our programs. The most recent news is the start up of the Kidski/Intro to Ski program on January 10th. Chris Lawn is running the group that meets Thursday evenings which, like last year, includes a group of about 20 kids from MSCR who arrive by bus every week. On Sunday afternoons is run by Mark Webber and includes many families that have been with him in past years. Both of these groups are meeting out at Blackhawk and have over thirty participants total.

The Middle School and High School teams are cruising right on past our half way mark for the season and preparing for State. The Middle School group, who practice Mondays and Wednesdays at Blackhawk and Elver, are led this year by Hans Hinke. He has close to a dozen kids with a mix of experienced, returning, and new skiers.

The High School team, coached by myself and Bill Rattunde, has settled on 18 racers this season. We have a very new team this year with a lot of skiers joining for the first time, or coming back for their second season so there has been a lot of visible improvement from week to week and at races. We have returning seniors Corrina Jones, Tom Ostby, and Kelsey Eskrich, along with junior Birken Schimpff to anchor our team. Many of you saw us down

at Elver on Tuesday, January 15th for our invitational with Lodi and Waukesha West. As our third race in the season many skiers are becoming excited to see their places rise and their times drop. On January 23rd we will have our Southern Conference meet at Lapham Peak for High School and Middle School racers. This will be in preparation for the Madison Winter Festival High School races on February 2nd and 3rd, and our State meet in Minocqua on February 9th and 10th.

I would like to thank the club for their continued support of our youth programs and we invite you to the February club meeting for our fourth annual Chili Feed as a fundraiser for our State meet entry fees. We look forward to seeing you there and on the trails!

Elver Park Snowmaking

Walt Meanwell

Wouldn't it be nice if there was reliable consistent snow at Elver Park from late November to March? We have finally embarked on the journey to make it so. A coalition of the city of the Madison Parks department, the Mayors office, the Madison Community Foundation and MadNorSki are in the initial stages of the planning process. In addition, the D.E.C.A. program at Memorial and the Wisconsin Youth Company are involved to provide youth programming for Elver in the winter months. This effort will be very complicated, very labor intensive, and very expensive. Do not expect results overnight.

The plan is to start small and build upon our success over time.

The city of Minneapolis has had good success with a program like this, as have Blackhawk Ski club and our friends at Lapham Peak. We have the benefit of a lot of local expertise and the best volunteer corps. in the land. We also benefit from having a very generous group of financial supporters

who have been very willing to invest in the local XC ski community. We are exceedingly optimistic about our chances for the success of this project.

There are however several risks to the club that this project entails. One of the biggest is that it will suck time, money, energy, and expertise away from the many other programs that we currently have and support. The board is already spread frightfully thin and many are becoming very tired. While we have taken steps to address this by bringing in new talent and energy and more is on the way; the scope and magnitude of this project is daunting. Another risk for us is that at present the plan is to start with snow making on the sledding hill only. There has been no formal agreement to expand the effort to the Nordic trails. While we feel that since we are involved and it is the logical next step that it will happen, we can expect no guarantees.

In spite of these concerns we feel that the opportunity is too great to pass up and that the benefits of this project for the Cross Country Ski community far outweigh the risks. We are going to go

for it and we'll need your help.

The good news is that Mayor Dave has put a line item in the city budget to support this effort and the Madison Community Foundation is strongly in favor of youth programming during the winter at Elver, which will require some snow. This whole thing was their idea by the way so thank you to them. They also are a huge force in the local philanthropic community and manage over 130 million so they are good folks to have supporting you.

We have set up a special committee to run the point on this one spearheaded by Yuriy; which Dirk and I are on as well as John Taylor, Jim Coors, Willie Van Haren, and Gordon Faulkner. Yuriy, Dirk, and I are having our first meeting with as many of the other participants as can make it this month. We are hoping to have something in place, however small, by this Thanksgiving. Keep an eye on the website and newsletter for regular updates. I look forward to all of your help to make a project of this magnitude happen!

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Board Looking For “Helmsman” to Keep Ship Sailing

Walt Meanwell

You may not realize that most of the current MadNorSki board members were “volunteered” on board. One minute, we were enjoying a friendly brew-hah; the next—poof! we were armed with MadNorSki board titles. Many have served for over 5 years. You know what they say about guests; and things smell a bit fishy on board. Some of the crew is ready to heave-ho right off the ship. This gives some other folks a chance to (wo)man the helm. Bottom line: it’s been an exciting journey.

We will hold a friendly, non-competitive event; called Election of the Club Officers, complete with swag for participants (voters).

In the lead for new and proposed board and committee members at this time are: Louise Jones and Bill Rattunde coaching the Youth programs, with Louise the Youth Chair and board

representative, Advertising/Promotions: Dick Steinle, Director of Instruction: Jimmy Vandenbrook, KidSki: Mark Webber, Social Director: Gordy Bartholemew, Webmaster: Craig Heilman and newsletter editor: Ben Neff.

Duncan Bathe is stepping down as Treasurer. Pam Schneider of M&I Bank has nominated herself for the Treasurer position. Tom Kaufman is stepping down as Vice-President and Tom Woody has nominated himself for this position. Yuriy Gusev has agreed to join the board as representative in charge of snow making and the Elver Park initiative.

Finally, Dirk and I are also saying fare-thee-well but will remain in the background, with a finger on the tiller to guide the new helmsman as needed. Our reduced role will be entitled “past-presidents”.

After querying over 20 members to step up to the helm, everyone has responded with a solid, “Nay, thanks for asking.” That leaves the MadNorSki in a bit of a bind: surely you agree. So nab a partner, split up the duties, and climb On Board. We can’t have a ship without someone (or two) steering it. So bring your thoughts, ideas, and above all, your nominations to the next meeting, because a sinking ship is just not an option for MadNorSki.



Central Cross Country Ski Association

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- Supports youth, juniors, collegiate, seniors, recreational, master and disabled skiers;
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