



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

Indicia

## Upcoming Work Days

**Willi Van Haren**

This fall there will be two work days for area ski trails, Blue Mounds and Elver Park. Our Blue Mound State Park workday is scheduled for Saturday Oct. 5 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. Remember that park budgets are lean and work like this is only accomplished by volunteers, that's us.

Our Elver Park work day will take place on Saturday, Oct 25. 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



*MadNorSki work crews help keep the trails at Blue Mounds State Park and Elver Park. Join in on Saturday, October 5 and Saturday October 25, respectively and get your Norwegian workout in! Photo: Gail Van Haren*

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.

# MADNORSKI News

News for members of the Madison Nordic Ski Club

Fall 2008 Vol. 28 No. 1

## Change and Experience



**Bill Coady and Rob Lucas**

One of the benefits of being a skier is we don't mourn the end of summer, we're already looking forward to snow. Change is good. While you're gearing up for ski season, the club is too. There is plenty of opportunity for you to get involved, so check out the calendar and start making plans. This fall there are opportunities to volunteer to help with trail maintenance and the increasingly popular ski swap. All are opportunities to meet new people who share the love of Nordic skiing and active lifestyles. Exciting things are happening with the plans for our first club meeting and the vendor show.

Let your inner writer flourish! One of the reasons we ski is for the time with friends and stories that arise from these adventures. Whether it is comical or instructive, send an article to our newsletter editor Ben Neff.

Just like some of the candidates for political office, your new Presidents were elected with not much experience and no plans to change anything. That doesn't mean nothing will change, it just means that we'll stick to the core things that make MadNorSki a great ski club. We want to hear from you, please tell us what you like and what

can be improved. For the most efficient response direct complaints to Rob and compliments to Bill.

Probably the most notable change you see will be the newsletter. We're changing to an email format in order to be more environmentally friendly and bring you more timely information. Once again, please direct your complaints to Rob.

While we're on the subject of change, think about how you want to change your ski season. This is where the experience of your fellow MadNorSkis is more valuable than PAC money. Whether its a day trip to Wausau or a Worldloppet race, somebody on the club has done it and can help you set it up, so use the listserv, troll the meetings and tap into the collective wisdom of the club. There are always opportunities to form carpools and keep the carbon footprint lower.

Any mention of the collective wisdom of the club has to acknowledge the hard work and outgoing Presidents Walt Meanwell and Dirk Mason along with Vice President Tom Kaufman and Treasurer Duncan Bathe. They deserve our thanks for their hard work and solid leadership. They've made a lasting impact on MadNorSki and we continue to count on them, as they remain actively involved in a number of club initiatives. We're sure they would also like credit for last winters record snowfall.

We're are looking forward to winter and hope for a chance to ski with you!

## Time For New Gear?

**Tom Kaufman**

The fourth annual MadNorSki Ski Swap will take place on Saturday Nov. 8. 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 items 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 proceeds at the December meeting. 15% of sales go to the Club to 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!

## Web Assistant Needed

**Craig Heilman**

Are you computer literate? Do you like to create and/or edit web pages? Do you have a spouse or significant other who thinks you need a new hobby? If so, the Madnorski Webmaster has a job for you! I'm in the process of wading through lots of information from the old website and reformatting it for the new website. If you'd like to help out for just a few hours, please give me a shout at [webmaster@madnorski.org](mailto:webmaster@madnorski.org).

# My Favorite Features at CXC Academy

**Kristina Owen**

The CXC Academy is not a new private boarding school. Yes, it confused me too. Actually, it's an online education portal ([www.cxcacademy.com](http://www.cxcacademy.com)). It's geared toward everyone from junior and masters skiers wanting some inspiration and a few drills, to college and club coaches wanting to brush up on training physiology theories. On it, you'll find interviews, drill demonstrations, sample training plans, strength routines, and more. If you've got a question about training for Nordic skiing, it's the place to find the answers.

I'm not going to tell you about everything you'll find on the site. It would take too long, and ruin the trill of discovery you'll feel when you find it yourself. Instead, I'll mention a few of my favorite features that you want to be sure not to miss.

The most notable, I think, are the sample training plans. Even if this was the only feature you utilized, it would

be worth it. The plans are written by Bryan Fish, the CXC Elite Team coach, and USSA's 2007 Development & Domestic Coach of the Year. He puts the same care and detail into the plans on the Academy as he does into the ones for his athletes, so you know they're good. There are complete plans for 250, 400, and 550 training hours a year. You can use one of these samples, or use the site to learn more about how to customize a plan to your specific needs. Either way, its information you wouldn't be able to get anywhere else.

My other favorite features are the sections on strength training. I get more questions about the CXC Elite team's strength plan than any other facet of our training. And it's a very hard question to answer, because it depends on what period we're in. I like these sections so much because now I have a place to direct all those questioners, with much better answers than I can provide. For example: my strength needs are fairly specific. I'm little, ski with a fast tempo, but tend to put on

muscle fast, so I need to avoid getting too heavy to move quickly. I can tell you what I do, but I'm not really sure of the specifics of my other teammate's plans. I do know that they're quite different; the boys especially have much different needs. Now with the CXC Academy, there's a resource to learn about how to construct a plan that best suits you.

Those are just my favorites. There's much, much more information on there, and I'm sure you'll find a few gems of your own. And if you've got a question that's not answered? Write in and ask, the best question every month even wins a merchandise prize from one of the sponsors. Speaking of prizes, if you do sign up, make sure to enter the last name of one of the CXC Elite Team members in the promotion code box. Say, Owen, perhaps? You'll get entered in a drawing for a new pair of Rudy Project sunglasses.

So learn, train smart, and I'll see you on the trails this winter. It's going to be a great one, I can tell already!

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## The Wheels Are Turning

**Louise Jones**

It's hard to believe that it's that time of year again, cooler mornings, leaves crunching under the roller ski wheels, school back in session. Well, everyone may not be so happy about school being back in session, but it does mean we're that much closer to the start of ski season. Bill Rattunde and I are looking forward to coaching the High School team again this year and are already gearing up for an exciting season. We said goodbye to our seniors last year and are looking forward to welcoming new freshman moving up from the Middle School program and new skiers from all grades.

This year will continue to show improvement in the integration of the Madnorski and Blackhawk youth programs into a system that feeds the development of all age groups and helps the youth community grow. Our

programs are broken down into High School, Middle School, and Elementary School programs that are open to all abilities, plus an Elementary program run through MSCR.

It takes the dedication of many talented volunteers to make these programs successful. In addition to Bill and myself, we have the generous help of Mark Torresani, Hans Hinke, Mark Webber, Chris Lawn, and the enthusiastic parents of the kids involved. To fully achieve our goal of developing youth interest and talent in our sport we need your continued support. For more information on volunteering or registering your children for one of our programs, please visit the Youth section of the Madnorski website or the Nordic section of the Blackhawk website.

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## Newsletter Goes Electronic

**Ben Neff**

This is the last paper issue of *MadNorSki News* that will be mailed traditionally. Starting in November it will only be available online. The reasons for this are to reduce our carbon footprint (paper, delivery and printing), time for publication and cost. You will receive an email each month with a brief listing of what's in that month's issue along with a link to [madnorski.org](http://madnorski.org) where you can read an online PDF, download it, or print it out on paper. Renew your membership online at [www.madnorski.org](http://www.madnorski.org) so we have your correct email address (memberships expire 10/31/08).



**October**

- 5 Work Party at Blue Mounds State Park; Noon at the maintenance shed; 9 a.m.
- 5 4 months Birkie Training Program presented by Russian Style Ski School. Contact yuriy@rsss-usa.com.
- 25 Work Party at Elver Park; 1 p.m.

**November**

- 1 Woman's Dryland & Rollerski Skate Technique Clinic presented by Becker Law Office, CXC and Fontana Sports. Info at www.cxcskiing.org
- 2 Co-Ed Dryland & Rollerski Skate Technique Clinic presented by Becker Law Office, CXC and Fontana Sports. Info at www.cxcskiing.org
- 6 Board Meeting 6:45 p.m.
- 8 Ski Swap; Shorewood Community Center; 10:30 a.m.-3 p.m.
- 10 Club Meeting; 7:15 p.m. Social at 6:30 p.m. Vendor night. Lussier Center
- 5 10 weeks Birkie WEEKDAYS Training Program presented by Russian Style Ski School. Contact yuriy@rsss-usa.com

**December**

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

**January**

- 8 Board Meeting 6:45 p.m.
- 12 Club Meeting; 7:15 p.m. Social at 6:30 p.m. Waxing for racing and recreation. Lussier Center

**February**

- 13-15 Madison Winter Festival
- 7 Board meeting; 6:45 p.m.
- 11 Club Meeting; 7:15 p.m. Social at 6:30 p.m. Birkie stories. Lussier Center



**2008-09 Board**

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**Madison Parks Trails Liaison**

Pete Anderson: pjander@wisc.edu

**Middleton Parks Trails Liaison**

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# V1 Skating: Keep Your Feet Wide!

**Yuriy Gusev**

It is important remember when you are going up the hill and using V1 technique to keep you feet wide. The motions have at lot better economy when you have smaller strides at the higher cadence versus big strides and trying to muscle up the hill. Think about it like you would be walking up the stair case. What would be the most efficient way to do it at the same speed, stepping on each stair or every other one?

You can also think about wide feet like you have a physio ball between your knees or sitting on the horse. Once again remember keeping wide feet going uphill by using V1 technique.

To learn more about skate and classic technique join Russian Style Ski School (RSSS). RSSS offers ski lessons, training programs, video analysis and performance testing in Madison and Milwaukee area since 2001. Visit [rsss-usa.com](http://rsss-usa.com) for more information or contact Yuriy Gusev at [yuriy@rsss-usa.com](mailto:yuriy@rsss-usa.com)



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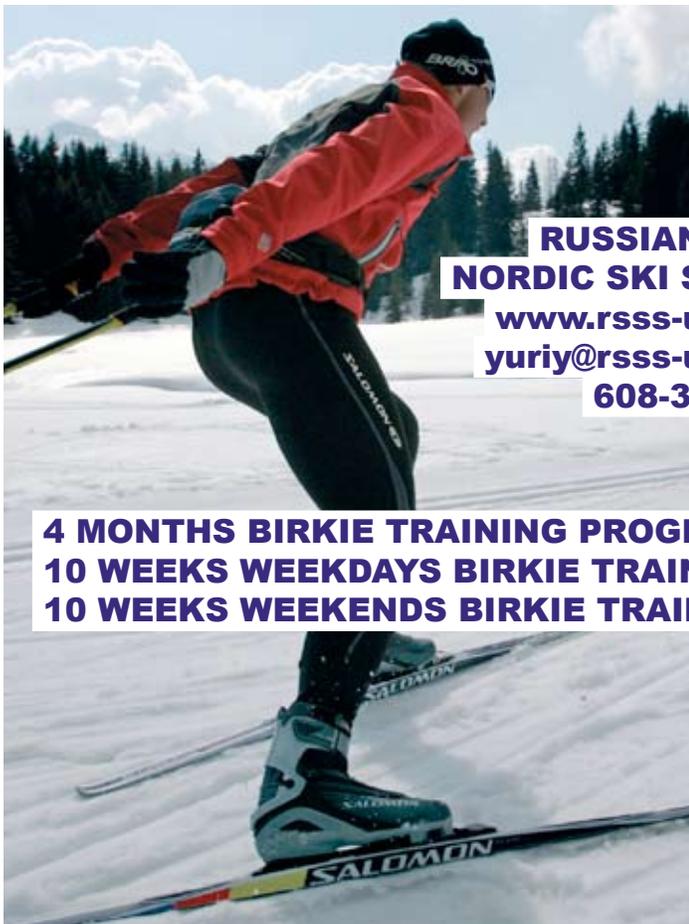
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# Madison Winter Festival Letter to Members

Dear MadNorSki members,  
On behalf of the winter outdoor enthusiasts we serve, the Board of Directors and volunteers of the Madison Winter Festival, I would like to express our deep-felt gratitude for your help in the development of this event. Your support was most generous and it is greatly appreciated.

The 2008 Madison Winter Festival was a tremendous success on many levels: breaking records in participation, fundraising and impacting the lives of so many people. The event reached capacity of 25,000 spectators and 5,000 participants over the weekend which more than doubled the all-time high.

Changing the name of the event from Capitol Square Sprints to Madison Winter Festival and adding family oriented activities such as a tubing hill, snow carving, ice sculpting, partnership with the downtown museums through organized winter theme events, and Kites on Ice brought many families to the Capitol Square to celebrate winter.

All those components led to success with different organizations such as Fit City Madison, Special Olympics Wisconsin, Boys and Girls Club, Mpowering Madison, Madison Nordic Ski Club, Blackhawk Ski Club and created more opportunities and interest in the community to expand the event and make it even better.

Madison Winter Festival has developed from a weekend event into a driving force promoting healthy and active lifestyles in winter and a work force devoted to the expansion of winter recreational programs in the Madison area.

While it is difficult to quantify, the 2008 event had an immeasurable impact on the community and lives of many Madison area residents. Through unsolicited e-mails and web site comments option, we've heard from many participants and spectators about how the 2008 Madison Winter Festival impacted their lives both emotionally and physically.

Madison Winter Festival will celebrate its fifth anniversary on February 13-15, 2009. Throughout the past four years our event has experienced every possible scenario of the winter from the longest period of temperature above freezing (29 days) to the biggest total snowfall in history (over 100 inches). Every year the event was different due to weather conditions but one critical part was and will continue to be the same, enthusiasm and passion of the participants, spectators, volunteers and event organizers. It truly makes this event a community asset which is built on core values and collaboration of avid local leaders.

We are grateful for your assistance, and will do all we can to continue to deserve your support.

Sincerely,

Yuriy Gusev  
Madison Winter Festival  
Event Director

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"CXC Academy is professional and well done. Now I see what I need to do for training every day. It is a very useful tool for coaching and being coached. I can watch the videos then practice technique. I can also review the videos when I forget how to do things instead of practicing bad technique for weeks." – Birkie and master skier from Wisconsin.

"CXC Academy can serve as a personal coach or simply as extra curricular education for the determined athlete. Having worked closely with CXC and its coaches, I can say that this program teaches a training system similar to the programs we are writing for some of the athletes on the US Ski Team." - Matt Whitcomb, Head Development Coach, US Ski Team.



# Performance Clinics November first and second

## Yuriy Gusev

Olympic hopefuls will be helping skiers perfect their skating technique and to fit their skis, boots, bindings, poles and answer any other questions regarding training equipment and wax at the Fontana Sports westside location in Madison, WI, on November first and second, 2008.

### Saturday, November 1

9am to 11am – Woman’s Clinic  
(attendance fee is \$30 per person plus \$20 for video analyses)

1pm to 4pm – Salomon Ski & Boot Fitting Workshop at Fontana Sports (westside location)

### Sunday, November 2

9am to 11am – Co-Ed Clinic  
(attendance fee is \$30 per person plus \$20 for video analyses)

1pm to 4pm – Salomon Ski & Boot Fitting Workshop at Fontana Sports (westside location)

Clinic fees go right to the athletes to help them cover their day-to-day expenses.

“We are very excited about this opportunity to share our experience and knowledge in teaching technique and on ski and boot fitting. CXC Elite Team athletes will help anyone to select and fit proper equipment like they do for themselves. Fontana Sports is a big supporter of CXC and the Madison Nordic community and we are honored support them as well”, commented Yuriy Gusev, CXC Executive and Athletic Director.

“These champion athletes have great knowledge about the sport of cross-country skiing and about selecting cross-country ski equipment. They will be on hand at Fontana Sports during their busy sales event to help

answer any Cross-Country Skiing and Salomon equipment questions”, said Andy Gerlach of Salomon Nordic.

CXC Elite Team is a premier cross country ski team in the US and won 2007 USSA Club of the Year Award. Kristina Owen and Heather Zimmerman will represent CXC Elite Team in Madison, WI. Kristina Owen is one of the top female skiers in the country, finished in 5th and 6th places at the 2008 US Distance National Championships and 8th place at the 2008 American Birkibeiner

Heather Zimmerman is an CXC Elite Team rookie.

“Fontana Sports is pleased to team up with Yuri Gusev and Salomon CXC Elite Team athletes to show our continued support for Nordic skiing, one of the most exciting and beneficial sports. People of all ages and abilities, from racers to novice are invited to see new equipment for 2009 as well as great blow out deals on last years products We will also have specials on poles, waxes and Nordic accessories only on the weekend of November 1st and 2nd at our West location, 7948 Tree Lane, Madison. We are a local shop and have supported the MadNorSki ski club since its beginning. Please come visit and see what we have in store for 2009”, commented John B. Hutchinson, president of Fontana Sports.

Local skiers will have an opportunity to have new skis selected by using Solomon 3D Ski Flex Mat provided to Fontana Sports for the weekend. Local Nordic enthusiasts also can bring their own skis to test fit and wax pockets.

New purchased skis at Fontana Sports during the weekend will be tested free of charge; other skis can be tested for \$25 per pair.



Ivan Babikov, the winner of the 2008 American Birkibeiner, testing his winning skis.



Kristina Owen racing at US National Championships

Solomon’s 3D Ski Flex Mat will be available at the westside Fontana location November first and second



