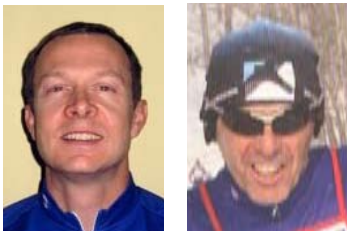


MADNORSKI News

News for members of the Madison Nordic Ski Club

December 2008 Vol. 28 No. 1

Club Helps Boost Urban Skiing



Bill Coady and Rob Lucas

At last, it's December. Snowflakes are in the air and it's beginning to feel like winter. We're ready to get back to skiing, and we have exciting news to share about how your fellow MadNorSkis are changing the face skiing in Madison. It is truly amazing how a little creativity and a lot of hard work can turn ideas that were once the fantasies into reality.

Who would have predicted the City of Madison would actually begin snowmaking at Elver? (O.K. who besides Yuriy Gusev and Walt Meanwell) It's true, the City of Madison (with the help of a generous donation from the Madison Community Foundation) has already bought two snow guns and a Piston Bully and will begin making snow at the sledding hill when conditions are right. Plans call for some of that snow to be used for a XC ski loop. Walt and Yuriy were instrumental in planning, procurement, and fund raising for the project. The MadNorSki board recently authorized a matching grant (see Walt's Miles of Smiles letter) to provide

continued on page 9



Skiers enjoy man-made snow at Cortina, Italy's urban Nordic skiing venue. Local club members offer paid instruction.

Ski Swap—Another Big Success

Tom Kaufman

The fourth annual MadNorSki Ski Swap saw a record year for sales. Many happy sellers were able to match their merchandise with a like number of happy buyers. Bargains were found on racing, touring and children's equipment. From skis to boots, and from poles to rollerskis to outer wear, equipment was found to fill many needs. All we need now is some snow so we can get out on our new gear.

Some of the best news is that the Swap raised over \$635.00 for the club. Funds raised will be used to support many of the club's functions including our youth programs, touring and racing activities. New this year was the disbursement of funds to the sellers via checks mailed to their homes. Everyone should have received their proceeds from the Swap within 2 weeks of the sale. Our Treasurer, Pam Schneider worked hard to make this happen. If you missed out on this year's fun be sure to watch for details early next fall. The fifth annual Swap will be held in November '09.

Thanks to everyone who brought in equipment and to everyone who showed up either to buy or to have a look. Particular thanks to Mike Capp, Chris Halverson, Susan Halverson, Walt Meanwell Mark Plane, Jim Stevens, Andy Swartz, and Henning Von Bauer, all of whom gave of their time and energy to help make our Swap a success.



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

Suggestions for waxing new skis

Bryan Fish; CXC Elite Team

- a) 4 layers Toko System 3 Yellow. Scrape and brush.
- b) Then alternating layers of Toko System3 Yellow and Toko System 3 Blue
- c) Ski and base coat with Toko LF Grey. Toko LF Red is an excellent training wax as well & I encourage you to use it for training purposes but recognize that LF black is almost always are base layer for race preparation.

Wax pockets.

We have a standard "paper test" protocol to set kick wax pockets.

- d) 0.3 gauge – weight equally weighted on both skis (blue hardwax)
- e) 0.5 gauge – weight equally weighted on both skis (viol/red hard wax)
- f) 0.8 gauge –weight equally weighted on both skis (yellow hardwax/ klister)
- g) 0.3 gauge – weight on one foot on the ball of the foot – make sure to fully set the wax pocket. Gauge should not move.

Trail Leadership

Trails and Grooming Chair

Brock Woods:
brock.woods@wisconsin.gov

Dane County Parks Trails Liaison

Mark Plane: mwplane@wisc.edu

Madison Parks Trails Liaison

Pete Anderson: pjander@wisc.edu

Middleton Parks Trails Liaison

Jim Coors: jgcoors@wisc.edu

Black Hawk Trail Run

Willi Van Haren

On Sunday November 9th, a day that was not ill suited for skiing, a number of local skiers tuned up for season by running in the Black Hawk Ridge Trail Run. This fall event of 10K and 20K is held at the Black Hawk Ridge Recreation Area on Hwy 78 north of Black Earth. Many, um, older skiers remember this property as one of the first places to ski in southern Wisconsin, and actually did make some snow at one time. This private venture ended and the DNR ended up with this lovely land. Notable among MadNorSkis were 20K runners Brian Watzke, Daryl Ketterhagen, Paul Kachelmeier, Karl Heil, Lorie Wesolek, Kap Joost and probably a few I do not know personally. In the 10K Jeff Schacherl finished second overall and Chris Halverson was ninth and Brant Wesolek was 10th. Tom Kaufman won the 50+. Other skiers were Mike Ivey, Bent Abraham, Dave Garfoot, John Schacherl and Margaret Rankin-Riley. Thanks for supporting the event, a good time was had by all.



2008-09 Board

Presidents

Bill Cody: bill.coady1@gmail.com
Rob Lukas: rlucasa@netzero.net

Vice-president

Tom Woody: woodyt@charter.net

Treasurer

Pam Schneider:
pschneider9003@charter.net

Membership

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

Race Directors

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

Advertising

Dick Steinle: dicksteinle@yahoo.com
Harry Spehar:
harry_spehar@trekbikes.com

Publicity

Mike Ivey: mivey@madison.com

Newsletter

Ben Neff: ben.neff@tds.net

Social Director

Gordy Barthowome:
gordybart@gmail.com

Webmaster

Craig Heilman: craigh@bugsoft.com

WNSF

Walter Meanwell:
wmeanwell@sbcglobal.net

Director of Instruction

Jimmy Vandenbrook:
jpvanden@mhtc.net

Youth Ski Chair

Louise Jones: louisejones87@gmail.com

KidSki Chair

Mark Webber: webber@chorus.net

Youth Instruction

Chris Lawn: chrislawn@tds.net
Bill Rattunde:
bill.rattunde@planningdesignbuild.com

Come Ski On One of Two Bus Trips to the Snow!

All are invited: beginners to experts!

We'll have a ski instructor or two to help improve your technique along while you're at the ski area.

The bus is leaving on Saturday, December 13 and on January 24!

We leave from Madison directly to snow country

Guaranteed snow! We travel to the best snow near Madison.

Days before you leave, we'll let you know where we're heading

Take the bus! Relax or sleep on the way up and party on the way back!

After a day on the trails, party and watch movies on the way back. We ride nonstop, directly to the ski area, where you'll be in the company of other ski enthusiasts. There's also an on-board restroom.

Cost

For a \$50 fee, you get a one-day trip to the ski trails plus a ski pass. And feel good that you're helping reduce our carbon footprint. You can "be green getting to the white"

So don't delay!

Make out a check payable to Madison Nordic Ski Club and bring it to the December meeting or mail it to Paul Matteoni, 1710 Yahara Place, Madison WI 53704 by December 8 (January 19 for the second trip).

Ski areas We will make a go/no-go decision the Tuesday before the trip (December 9). After consulting the ski areas and assessing ski conditions, we'll announce the trip destination on the Thursday before the trip (December 11). We expect to make a decision among these locations:

- Minocqua Winter Park has 75 kilometers of Piston Bully groomed terrain for striding, skating and snowshoeing trails for all ages and abilities. There's also open telemarking slopes, a heated chalet with café, day lodge and indoor waxing area, ski shop with new equipment, demos and rentals and PSIA certified instructors

and ski school.

- ABR in Ironwood, Michigan features nearly 40 kilometers of ski trails located on over 600 acres of private land of varied terrain. A trailhead warming cabin is available, a heated wax area, indoor restrooms, changing rooms, a lunch area and a full service ski shop with demo rental and retail sales of skis equipment and clothing.

- Nine-Mile County Forest is located just minutes from Wausau. The 29.6km trail system is double tracked with an 8' wide skating lane; Trails are generally one-way. The heated ski chalet offers a changing area, ski and snowshoe equipment rentals, restrooms, and a spacious warming area with a wood stove. Trail difficulty ranges from beginner to difficult making this trail system attractive to all skiing abilities. There are also 3.7 miles (6km) of groomed snowshoe trails throughout the forest. One of the top trails in NE Wisconsin.

- Standing Rocks: approximately seven miles east of Stevens Point features approximately 15km of trails. About 75% of the trails are rated as intermediate or expert trails because of the many hills and distances. Trails are groomed for both diagonal stride and skate skiing. A heated ski lodge with snacks is open on the weekends.

- Iola Nordic Center features 20km of cross country trails and a modern chalet with a fireplace. There are limited food and snacks available.

What to bring:

- Your skis or snowshoes
- Snacks and food for the ride to and from the ski area. Since you're not driving, you may choose to bring alcoholic beverages!
- DVD movies. Bring your favorite ski videos (helpful for the trip up) or feature films (for the party on the way back).
- Travel pillow for those who wish to conserve energy and snooze on the way up

- A lunch if you like; or purchase hot soups and sandwiches at the café (if available).

- Friends! Pass the word along to them and encourage them to send a check as soon as possible.

Questions? Call Paul Matteoni at 242-1549 or paul_matteoni@hotmail.com.

6:30 am	Board the bus: UW lot 60 (Walnut and University Bay Drive)
6:40 am	Depart
10:30 am	Expected arrival time at ski area
10:30 - 4:00	Ski all day
4:30 pm	Depart for Madison
8:30 pm	Expected arrival back in Madison

Trails Survey

Pete Anderson

The Trails Committee surveyed the ski community again this year, with somewhat predictable results: in a record snow year, conditions were better. People skied the usual places (Elver, Blue Mounds), and were generally satisfied with the grooming (very satisfied at Blue Mounds). The exception were East side skiers, who generally thought skiing could be a lot better. In fact, any skiing on the east side would be an improvement most of the time. Monona Golf Course was only groomed three or four times, and was mostly unskiable, and most grooming occurred at Cherokee Marsh, which saw few skiers. So improvement of east side skiing and grooming stood out as a frequently cited concern. Future development of Door Creek park, currently on an uncertain timeline and facing neighbor opposition, may be an answer.

C'mon Mommy, It's Easy

Erin Crawley

It's November 17th, I'm at work, I look out the window and IT'S SNOWING. I call home, where are my skis, are they ready (I have a live-in wax man), can we go now, can we?? How much has to be on the ground, really, for my one pair of not-rock skis (live in wax man has *hundreds* of pairs, so the amount of snow is less crucial for him). And... oh, the snow is already letting up. Well, it's still a cheerful reminder that I do live in Wisconsin and it is almost winter. I love Wisconsin and I love winter. No one else at work is quite as excited as I am at the moment, but I don't care, I've gotten used to feeling happy inside while most of my colleagues shoot daggers in my direction whenever it snows. As if it were my fault.

This experience—the sense of anticipation I feel when I see snow falling—is perhaps such a familiar one to many of you that you find it unremarkable. But people who have known me a long time are more than a little surprised when I casually mention

that I have become a cross country skier. I'm the one with the impossible to keep warm feet, knee problems, and let's face it, I'm a chicken.

So despite living in Wisconsin from the time I was 22, I didn't learn to ski until I was 43 years old. To be fair, growing up in southern Ohio and northern England didn't exactly overwhelm me with opportunities to do so. I do remember going skiing one time in high school after we had an alarming amount of snow in Cincinnati. A friend got me set up and we headed over to a local park. I thought it was the goofiest thing I'd ever done; after all, what's the point of a sport where you can't stand up?

Of course, I later married someone who loves to ski, who taught our daughters to ski as soon as they were big enough, and who always encouraged me to give it a try. I refused, though, despite my daughters' helpful cries of "C'mon, Mommy, it's *easy*." But I did take up snow shoeing, a perfectly lovely winter sport option, with no need to speed down a hill. Then a few winters ago, as I watched my daughters head out on the trails at ABR, a group of women maybe 10 years older than myself on skis,

stopped near me and asked in surprise why I wasn't going to go with them. I listed several excellent reasons, including my fear of going down a hill at any pace, my general dislike of the sensation of gliding, and my age. That last point was met with a burst of laughter and one woman said, "Hell, I didn't learn to ski until I was in my late thirties," at which point the others all chimed in with their stories of when they learned to ski (all of them, mind you, at considerably younger ages than me). And then one of them offered a piece of advice that stuck with me over the next few days, "If you don't like the looks of the hill, then you take off your skis and walk. No shame in that." I guess that was what I needed to hear, because I spent the rest of the winter learning to ski. I fell in love with skiing, much to my surprise. I loved the effort it took, the cold, the chance meetings with others on the trail, and the delight my kids took in helping to teach me different skills. Each winter I have progressed, and each winter I remind myself that if I don't like the looks of the downhill, I can always take off my skis. The best part is, each year the hills change; the ones that looked big last winter, just don't seem so tough this time around.

GEAR WEST

all things nordic skiing

stonegrinding | expert fitting | new clothes | excellent selection
largest xc ski selection anywhere | new skis | sale skis



www.gearwest.com | toll free: 877-473-GEAR | Long Lake, MN

WWW.GEARWEST.COM

Unwin Chiropractic & WELLNESS CENTER



Dr. Jill Unwin
DC, CCEP

Hours:
M, W: 8-6
Th: 1-6
F: 8-5
Sat: 9-11



Lee Unwin
CMT, CSCS

CHIROPRACTIC MASSAGE & FITNESS

- NEW PATIENTS SEEN SAME DAY
- EMERGENCY CARE AVAILABLE
- PAIN RELIEF & LONG TERM CARE
- MOST INSURANCE ACCEPTED

VERONA
848-1800

212 E Verona Ave • Suite B



Check This One Out: Timberland Hills Ski Area

Dick Steinle

The snow will be flying soon, if not already, and we will all be looking for places to ski, locations new and old. This trail system is just 12 miles from my cabin in northwest Wisconsin, 9 miles north of Cumberland, WI on Hwy H (about a 4 hour drive from Madison, ~ 260 miles).

There are two trails: 2.5 km lighted loop "Timberland West" trail and a 24km trail known as "Timberland Hills".

The 24km trail is part of 2400 wooded acres of Burnett County forestland that is ideally suited for cross-country skiing. The trail system was built and is maintained by the Cumberland Area Ski Trails Association (CASTA). Trails range from 16' to 20' wide and are groomed for both diagonal striding and skating. There's an 11km outer

trail that has many challenging ascents. (Odden's Run is my favorite section of trail). I feel the terrain is much like the Birkie trail. I had a friend once say that he was ready for the Birkie when he could ski without poles the 11km outer loop twice. The 2.5km trail is flat for beginners, and is used by the locals during weekday evenings.

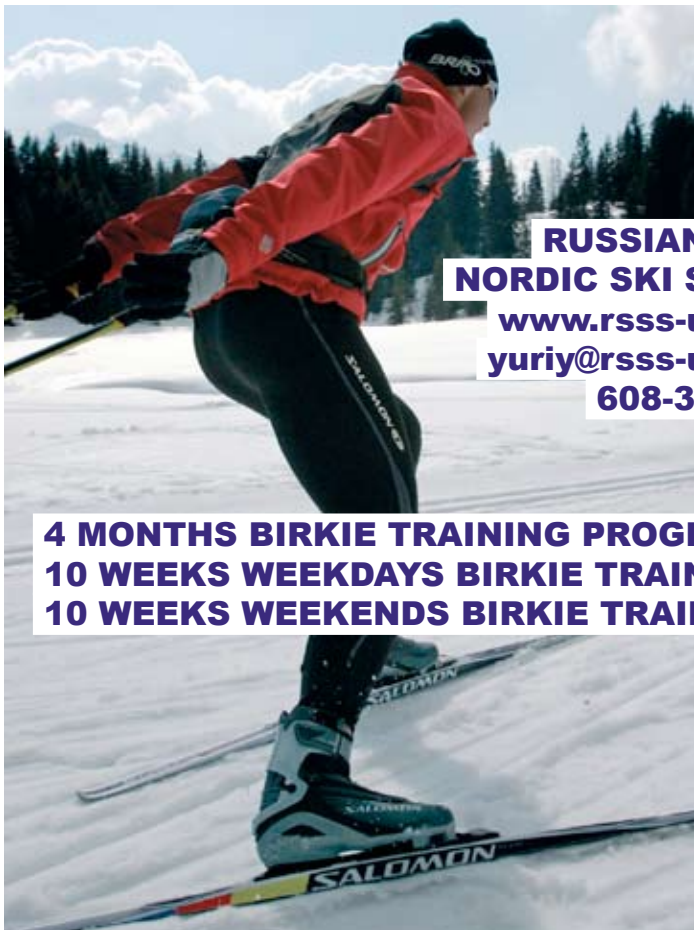
From their website, www.timberlandhills.com, "The elevation at the parking lot is 1450 feet but in the Northeastern part of the trail it has dropped to 1200 feet! This part of the trail swings by an area of natural springs that bubble out of the ground year around to form the headwaters of the Clam River. A nearby sheltered picnic table allows you to sit and enjoy this beautiful phenomenon, as well as the beautiful high hardwood ridges that surround it."

On your way to the Birkie, this could be a stop to loosen up your muscles. It's just another hour to Hayward from here. Refer to their website for detailed directions, trail maps, photos, trail conditions, etc. They are support

by area businesses, memberships in CASTA, and donations from drop-in skiers. Grooming is done regularly and is well done.

Stop for lunch or dinner at Bistro 63 in nearby Barronett on Hwy 63, or browse through Brickyard Pottery, a gallery of local artists north of Barronett on Brickyard Road (www.brickyardpottery.com). Lodging can be found in the nearby towns of Cumberland, Shell Lake, Spooner or Rice Lake.

So check this one out!



**RUSSIAN STYLE
NORDIC SKI SCHOOL**
www.rsss-usa.com
yuriy@rsss-usa.com
608-385-8864

4 MONTHS BIRKIE TRAINING PROGRAM
10 WEEKS WEEKDAYS BIRKIE TRAINING PROGRAM
10 WEEKS WEEKENDS BIRKIE TRAINING PROGRAM



**WHAT YOU NEED
TO SUCCEED & ENJOY!**

LESSONS
LESSONS GIFT CERTIFICATES
TRAINING PROGRAMS
SPORTS TESTING
VIDEO ANALYSIS
CUSTOM EQUIPMENT SELECTION

The Mound Gets Ready for Snow

Willi Van Haren

Some good early season news for skiers at Blue Mound State Park. The Friends of Blue Mounds State Park recently funded the purchase of a second snowmobile for grooming ski trails at the park. The Ski-doo SWT 500 is nearly identical to the other snowmobile the park uses, which will make training additional operators as easy as possible. As many of you know, or should know, grooming Blue Mounds takes many hours each time and Karl Heil does this in addition to his other park responsibilities. Having another operator or two seems like the humanitarian thing to do. The machine was purchased with money the Friends raises every year via the Horrible Hilly Hundred, trail runs and firewood sales.



Karl Heil, Park superintendent and Mark Gnabasiak, President of the Friends group and the new Ski-doo purchased from Eric Anderson at ABR for grooming at Blue Mounds State Park. Photo: Willi VanHaren



Let me help you glide through your next real estate transaction.

Errol Hartman
Realtor ®

429 Gammon Place, Madison, WI 53719
Office: (608) 833-3711 • Fax: (608) 833-3672
Direct: (608) 662-7043 • Cell: (608) 770-6637
E-mail: HartmanE@FirstWeber.com
www.FirstWeber.com

 **FIRSTWEBER**
REALTY

Home improvement from someone you know & trust.

Don Fariss
(former Junior MadNorSki coach)

of



Don's Ventures L.L.C.

* Remodeling *
* Construction *
* Landscaping *
* Garden design & construction *
* Hard-to-get-done home repair jobs *

No job is too small.

Very reasonable rates.

Past project portfolio at: <http://donsventures.smugmug.com/>

Don Fariss 608-235-7961 or farissd@charter.net

"I will care for your home as though it were my own."

Ski Trails Coming to Madison's East Side

Brock Woods

New Door Creek Park is slated to offer eastsiders exciting XC ski trails as early as 2009-2010. From a high ridge on the east to nice hills on the west, and through the creek's flat valley in between, Madison Park's trail plans appear to make good use of the terrain. To make it even better, Dane County Parks has acquired land adjacent to the city's with talks on-going about building a combined trail system that would make nearby ski trails finally available to eastsiders!

Visit this new park by driving east on Cottage Grove Road (Co. Hwy BB) past I-90/94, turn northwest on Harrington Dr., and park adjacent to the open space on your right (past the apartment bldg.). Head northeast

through the woods along the ridge or along the valley floor to explore the area. Some tentative XC trails have been flagged and some brushing has been done, but no ski trails are ready. (A bike trail from the ridge to the valley floor has been graded and graveled from High Cliff Trail and Bluff Point Road).

Your Trails Committee surveyed the Park's planned routes and will continue to offer advice. Final trail layout has been delayed by objections from adjacent landowners about the ridge-top trail they fear will reduce their seclusion and possibly affect nearby trees (see Isthmus article from Nov. 14 issue). Our Committee supported the Park's plans before the Parks Commission and final resolution is slated for the Dec. 10 Parks Commission meeting. (Those wishing to comment may do so by attending the meeting; contact me at 225-5858 for details).

Website Update

Craig Heilman

Website updates have been coming along nicely due to the able assistance of Ron Steiner - thanks Ron! We've recently updated the Area Trails section so check it out and let us know what you think at "webmaster@madnorski.org". The membership join/renew page will be updated to make it easier to use, although most of you have probably renewed by now. If you haven't, note that all memberships expire on October 31 of each year! I'm in the process of transcribing several articles written by club member Jan Hansen that detail the club history from inception to about 1996. We'll have that up in the near future. If anyone would like to take a shot at detailing the club history since 1996, please let me know! Also if you have some interesting XC related photos that you'd like to share, send them in and you might find them on the site.



Roller Ski Reminders

Walt Meanwell

For those of you who are getting out the rollerskis or have already been rolling for awhile the following may be helpful.

- Check Your Gear. Loose axle nuts or bindings as well as lost rubber on your wheels can lead to pain and suffering. Take 10 seconds to check your skis before you clip in.
- Know your Route. The sudden and unexpected appearance of pea gravel at the bottom of scary downhill #9 can be unfortunate. Avoid a high speed dive for the grass by riding your route first.
- Take a Phone. If you are still conscious you can make a call from the ditch.
- Seeing is believing. Wear bright, colorful, and stylish clothes.
- See the light. When rolling at night be like your Christmas tree.
- Go for the green. Choose your route so that it is predominantly lined with grass in case you have to bail. Avoid busy roads if possible.
- Wear a helmet and gloves, and pads if you prefer. Duh.
- Play nice. If you choose to wave to motorists use all five fingers. Roller skiing on local roads is a privilege, not a right. Bikes have rights to the roadway because D.O.T. classifies them as a form of transportation.
- Be friendly. Try to ski with a friend or three. It's safer and more fun.
- Get thin. Revert to double poling when a car is coming up behind you. You can narrow your profile to about bike width, which most motorists can relate to. You need more double poling work anyway. Ski with traffic.
- If in doubt, walk it out. If you don't think you can make it down the hill safely simply take off your skis and walk down.
- Two flavors. There are two kinds of roller skiers; those who have fallen, and those who will. Be prepared.

- Tag 'em and bag 'em. Tape your name, blood type, and emergency contact info. in your helmet. Scotch tape keeps the rain and sweat from blurring the ink.
- Watch for critters. All manner of living things choose the strangest times to scamper across the road. Don't let them wipe you out.
- Watch the wind. Don't let a sudden gust blow your pole plant over into your ski. Pay special attention on windy days with a serious cross wind.
- Don't be a tar baby. When it's hot the tar melts in the cracks and grabs your wheel. Don't let the cracks of death bring you down.
- Start small. If you do not have a lot of experience roller skiing start on flat roads or bike paths. Many people like roller skis with speed reducers or brakes. Practice aggressive snowplowing to keep your speed down.
- Get help. There is no substitute for good instruction. There are many excellent instructors in the region. Take advantage of them.



cxcademy.com

WATCH LISTEN LEARN
ON DEMAND COACHING SUPPORT

\$ 14.95 / MONTH
\$ 119.40 / YEAR (SAVE \$ 60.00)
FREE TRIAL AVAILABLE



Catlin Compton
CXC Elite Team

Technique Drills

Detailed Workout Description

Inspirational Athlete Interviews

Strength Development & Progression

Interviews with Professionals

Training Plans

"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.



Bjorn Daehlie to Ski the Birkebeiner as Ambassador for Multiple Sclerosis Research

Ian Duncan

On February 21, 2009, Bjorn Daehlie, the most decorated winter Olympian of all time, will line up with the Elite Classic Wave to christen the new course and lead the way to Double O. Why will he be here, having retired from racing a number of years ago? This year, the Birkebeiner Foundation has chosen Multiple Sclerosis as its charitable arm, and by pure chance, Bjorn's mother has Multiple Sclerosis. I learned of this from a Norwegian friend and Multiple Sclerosis sufferer who, to cut a long story short, arranged for me to ski with Bjorn before the Norwegian Birkebeiner four years ago. When it was decided to choose Multiple Sclerosis as the charity of choice for 2009, I invited Bjorn to come over to help raise funds. After a lot of persuasion, as he is now a successful businessman with little free time, he agreed to do so.

While you can look forward to seeing him in the Hayward-Cable area in the days leading up to the race, you could

have a once-in-a-lifetime opportunity to ski with him. On Thursday morning, two days before the Birkebeiner, 25-30 of the top fund-raisers will be invited to ski with him for an hour on the Birkebeiner trail, and then mix socially with him over lunch.

Details of this can be found at www.birkie.com or the local MS chapter website www.wisms.org. Bjorn will be at Telemark Lodge on Friday at the Expo and likely at the awards banquet on Saturday. Of course you will also meet him, for awhile, if you line up in the Elite Classic Wave on Saturday morning!

Many of us in the club have been touched by people with MS and I



Ian Duncan (center) and Nordic ski legend Bjorn Daelhle unite their passion for Nordic skiing to fight Mulptole Sclerosis; a disease that Bjorn Daelhle's mother (left) suffers from.

hope you will all think about making a donation to this worthy cause. It is a cruel disease, affecting over 10,000 people in Wisconsin, a few of whom will be skiing the Birkebeiner, and you may meet some at the December meeting.



Make an Appointment with the Doc!

Bock With the Doc

Comptrainer
Classes
all Week!

Thur. Dec. 11
6 p.m.

Wax demos by
reps from TOKO,
Fastwax & SWIX
and FREE bock beer!

A doctor's visit you can enjoy!
Winter Celebration Sale
Dec. 18 -21

Don't miss...

The Doc has your prescription
for a great ski season:

- The best selection of XC skis in Southern WI & Northern IL.
- All ski fits are guaranteed.
- Great stock of XC clothing, roller skis, Catskis and nordic walking poles.
- TOKO Hotbox, Wintersteiger stone grinding & waxing.



**105 N. Main St.
Dousman, WI
(262) 965-4144**

Store Hours:

M-F: 10 - 8, Sat: 10 - 5, Sun: 12 - 4

Special Store hours Sun. Dec 21: 11 - 5



**BICYCLE DOCTOR
NORDIC SKI SHOP**

Bookmark www.bikedr.com & sign up for e-newsletter & monthly prize drawing.

Miles of miles

Walt Meanwell

Dear MadNorSki Club Member, we need your help. The good news is that the Elver Park snow making initiative is on plan and under budget. The bad news is that the rental equipment at Elver is practically unskiable and the kids in particular could use new equipment. This note is a request for help on 2 fronts. The XC ski program needs money for new ski rental equipment at Elver, and instructors are needed to help with lessons. These both help to fulfill the clubs' mission of: Cross Country Skiing for Everyone.

Here is the current status of the Elver snow making project. The current budget is \$220,000.00, of which \$213,000.00 has been raised and is in the bank. Expenditures to date include; \$128,000.00 for the new Piston Bully, \$24,000.00 for 2 Areco snow guns, \$21,100.00 for the new booster pump, about \$19,000.00 has gone out to the electrical contractor, \$9,900.00 to Alliant Energy for the service extension, and a lot of other smaller expenditures totaling another \$5,000.00 or so. Madison Parks has done a great deal

of the work thus far. Yuriy has done a great job of getting good prices on the groomer, snow guns, and hoses. The project is on time and slightly under budget thus far.

The Wisconsin Youth Company and Memorial High School are working on kids programming at the park. One of the programs is cross country ski instruction for kids after school. The DECA program at Memorial will have kids manage and run the ski rental program at the shelter. The equipment sucks. For the kids to have a good experience they need better equipment to ski on.

Since \$200 of the \$220 thousand for this project has come from M.C.F. and the city, the board felt that the XC ski community needed to step up as well. As such, MadNorski has provided a challenge grant of up to \$2900.00 to you, our members. This money will be used to acquire new XC ski rental equipment, primarily for the kids, which Yuriy can get at a sizeable discount. An added benefit to you is that a financial commitment from the club will be viewed very favorably by the Parks Dept. and the Mayors office. In addition, snow will need to be made to the shelter and a loop provided and

maintained for the kids (and you) to ski on.

We also need instructors. The program will probably be patterned after the clubs' very successful Miles of Smiles program (article enclosed). The instructor corps is already stretched very thin and we could really use your help with instruction. Think about it.

Last winter was an aberration. We must have reliable snow for people to ski on if the sport of cross country skiing locally is to continue to thrive and flourish. Minneapolis and Lapham continue to enjoy good success with their XC ski snow making programs. There is no reason that we can't enjoy the same success here. We need your help to do so. Thank you in advance for your time, consideration, and all that you do.

Please make your check payable to: Wisconsin Nordic Sports Foundation. In the memo put: Elver Park Snow/Kids. (W.N.S.F. is the 501c3 charitable Foundation that we run our fund raising thru).

100% of your contribution is both tax deductible and goes directly to the project. Thank you.

Ski Structure— One of the Three Variables of Fast Skis

The pursuit for fast skis comes down to three major variables – ski flex, ski structure and ski wax. Many focus predominantly on waxing, but the other two variables are also important. This article will focus on fundamentals of ski structuring and discuss strategies the CXC Elite Team uses in structure selection and implementation while maintaining a few number of race skis in one's race quiver.

Stone grinding and Hand Structuring

Some die hard ski technicians contend that hand tuning a ski from scratch can equal a stone ground ski. That may be true, but nothing is as time effective as stone grinding. There are numerous types of grinds out on the market and all have their place. In every situation, a knowledgeable grinder is critical. Predominantly, the CXC Elite Team uses two general purpose grinds and then we structure skis with a high

quality hand structuring tool for warm conditions. Many of the CXC Elite athletes have developed a high degree of confidence in Finn Sisu grinds, so they are our team grinder. We rely on two grinds – Finn Sisu fine and Finn Sisu universal. Also, Nordic UltraTune continues to grind the skis for our athletes from Washington State.

Fine and Universal Grinds meet the needs of most snow conditions

In most situations, very little structure is best. Fine structure is superior in the vast majority of skiing in the western states under freezing. The snow is dryer and overnight temperatures plummet in the west, which dries off any moisture on the snow surface. The Midwest and East, typically have more moderate overnight temperatures, which maintains moisture at the snow surface, therefore in the Midwest and East, universal grinds are more widely used.

None the less fine structure is necessary in these two regions in fresh snow under twenty-five degrees Fahrenheit and all snow types below eighteen degrees Fahrenheit.

The CXC Elite athletes raced on fine structure in all the western SuperTour events between November through mid – December. More structure than fine grinds generated adverse results to ski speed in every situation. Also, Bill Pierce (CXC Junior Development Program coach) stated, "structure was everything in the first Midwest Junior Olympic qualifier at Trollhaugen Ski Resort." "The temperatures were around zero Fahrenheit, so the skis with the least structure prevailed."

Warm Snow Conditions

In warm conditions we structure our skis with a high quality hand

continued on page 9

Structure; *continued from page 8*

structuring tool instead of having skis specifically ground for warm conditions. The reason for this is race ski flexibility. Typically, our best skis are best in many conditions. This is a sign of a well fit ski flex. Garrott Kuzzy races on one pair of skate skis for nearly every single skate race. To grind these with a specific warm condition structure would eliminate the opportunity to use these skis under thirty-two degrees Fahrenheit. Therefore, we test structure and press in the appropriate structure of the day. This structure comes out after skiing and waxing a couple times.

Classic versus Skate ski Structure

Skate ski structure is typically finer than classic ski structure. The reason is that classic tracks are more skied in generating a warming affect and therefore more surface moisture.

Test Structure

Much like wax, it's best to test ski structure on a case by case basis for optimum results. Also, like waxing, many generalizations can be drawn from past history in a particular temperature and snow condition. Following is a general rule of thumbs that I have developed from testing hand structuring:

-5 degrees C – no additional structure or a fine cross hatch.

0 degrees C – fine to medium cross hatch for skating and a 1-2 millimeter linear rill covered with a fine or medium cross hatch for classic.

+2 degrees C - 1-2 millimeter linear rill covered with a fine or medium cross hatch for skate and 2 millimeter linear covered by a medium cross hatch.

+5 degrees C – 2 millimeter linear rill covered with a medium to large cross hatch for skate and classic

+10 degrees C – 3-4 millimeter linear rill covered with a large cross hatch for skate and classic

It is evident that it is best to have a hand structuring tool with a number of drum rollers or blades as they are often referred to. These blade roll down the length of the ski and press structure into the bases instead of cutting into the base. Structuring tools that unintentionally cut into the base generally leave P-Tex hair. These hairs create unwanted friction between ski and snow and therefore slow the ski. Secondly, structure that is cut into the base remains and usually requires grinding or steel scraping to remove it. Grinding is the safest choice between the two techniques. Either way, both techniques require time and unnecessarily remove a portion of the finite base P-Tex. I have generated a specific structuring chart for differing temperatures and snow types for the Speedy Ski Roller. Contact Finn Sisu for more details.

Precaution on using structure

Dirt is an enemy of structure. Dirt particles can clog the miniscule rills generated from more course ski structures. Be cautious in glide testing skis in dirty conditions. Skis with more aggressive structure may run fast at the start but can significantly slow as time progresses through a ski race. A classic example of this was last year's cancelled American Birkebeiner. The snow on the first eight kilometers was trucked in and full of dirt particles. Some skiers with more aggressive structure picked up dirt and this dramatically slowed skis as time

progressed, particularly once they hit the natural snow.

Ski structure is a critical variable in fast skis especially at very cold and above freezing snow conditions. Remember, fine and universal grinds will get you through most situations, but additional structure becomes increasingly more important as temperature climb over the freezing point. It is well worth having your skis stone ground from time to time to flatten and rejuvenate bases that may be partially sealed from overheating and repeated applications of fluorocarbon. Secondly, ski structure does degrade over time, particularly the shallow structure often applied to fine grinds. Look into a structure tool that has both cross hatch blades as well as linear blades for structuring in warm conditions. Quality hand structure tools can be pricey, but it is my opinion that a quality hand structuring tool will pay for itself in the long run. The possession of a quality structure tool will nearly eliminate the potential base damage in the structuring process and will improve results in warm conditions without having to increase the number of skis one owns.

Local Stone Grinding Services

Fontana Sports Specialties
www.fontanasports.com
251 State St, Madison, WI
(608) 257-5043

REI - Recreational Equipment Inc.
www.rei.com
7483 W. Towne Way, Madison, WI
(608) 833-6680

Bicycle Doctor
www.bikedr.com
(262) 965-4144
105 N Main St, Dousman, WI

Madison; *continued from page 8*

suitable rental equipment available at the Elver shelter staffed with students from the Memorial High School's DECCA program. An anonymous donor provided funds for ten sit-skis to provide opportunities for skiers with handicaps. Add in free ski lessons from Jimmy Vandenbrook and our volunteer instructors and we have the complete package at Elver; snowmaking, lighted groomed trails, rental equipment, and, instruction to deliver on the club's

mission of cross country skiing for everyone.

The Trails Committee is also doing phenomenal work to improve Madison skiing. The committee has also worked hard to help the city a new Eastside Trail System at Door Creek Park. They're planning to build on last year's successful groomer's clinic, giving the folks who maintain and groom city, county, and state trails the opportunity

to learn from the best and to meet with grooming equipment factory representatives.

This kind of involvement raises the profile of MadNorSki in the community while we help build the infrastructure that will support cross country skiing for years to come. Thanks to all of you who have helped make Madison a great place to ski.