

MADNORSKI News

News for members of the Madison Nordic Ski Club

January 2009 Vol. 28 No. 2

Time to Get Out and Play!



Rob Lucas and Bill Coady

This December has brought us some nice early season snow. I'm looking forward to skiing on Piston Bully groomed trails right here in Madison! Every year as I write down my New Years resolutions, I also take the time to think about my goals for the upcoming ski season. This year there are fewer racing aspirations and more social goals. I hope to ski with my family on a more regular basis. I'm lucky enough to have neighbors who mow paths in their field to ride their horses and so this time of year I have some nice ski trails across the street. There are five families in the neighborhood that ski in a track available from our front door. It's as good as it gets! We can go out with the kids and the dog on a moment's notice. We often run into one of the neighbors and soon have a small group of kids and dogs. Skiing is one of the best ways that my kids and I get to play outdoors in the winter.

Thanks to the trails committee and the hard work of some folks in the City of Madison Park Department it looks like there will soon be a new set of ski trails on the eastside at Door Creek Park! After some excitement and another meeting with the neighborhood the ski trails have been approved. This will mean less travel for east-siders and another venue within the area for all. The previous board had hoped for opportunities like this when they set-up the trails committee with the mission to partner with the city and county. Check out the new "maps" feature on the website and pick out some new trails in the area to ski! There are lots of opportunities to get out with friends and family and try out something new.

Nothing beats glide! The way I got hooked on skiing was one of my neighbors invited me to go along and lent me some of his brother's equipment. I was a runner at that time suffering from cabin fever, and, I found a great way to get exercise with some really great people. Take a second and remember how you got started with cross-country skiing. Take some time to introduce a friend, neighbor, or co-worker to the sport. Enjoy the snow and the skiing this winter and pass it on!

--Rob

A Winter Tradition

Ben Neff

Every year my Dad comes up from Iowa right after Christmas for our annual ski trip over the holiday break; something I look forward to all year

long. Our outings are like a tailwind bike ride; following roads that keep the wind at your back, but in this case we're chasing snow to northern Wisconsin or the UP, or if we're lucky, hitting local haunts down here.

My Dad's 72 and he's a skinny little

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Do you Know Your Wax Pocket?

Louise Jones

This month's Meeting Theme is waxing; you can learn how to wax your skis for classic or skate, for recreational or racing, the basics or high flouro. But the real question is, do you know where your wax pocket is? When you're waxing classic skis you need to wax the tips and tails for glide and the kick zone with kick wax (unless of course you have waxless, then you're all set in the grip department). The juniors are here to help you. While you're watching the wax demos and socializing get in line to have your skis tested and marked with us along with Yuriy and the Salomon 3D ski flex mat.

We're already half way into our season with races just getting underway during the holidays. Our High School and Middle School teams are growing and improving by the day. With a solid number of returning and new skiers our team has been playing off each other well and developing a strong base for our youth Nordic community. While getting your skis fitted be sure to ask about our races, most of our skiers will have attended both local and away races and will have lots of stories to tell!



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

March

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

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guy who stays active all year long by running and riding his bike. He's an inspiration to everyone he meets, and especially to me.

On our annual ski trip, he gets re-introduced to all my skiing and cycling buddies. He loves the idea of being on the inside of the ski community; it's like he has a back-stage pass to meet all the minor celebrities in my life. We can't seem to get too far without running into someone I know and that usually remembers him. It makes the world feel small and cozy.

Skiing with my Dad is something that brings back memories of our big snow winter of '78-'79 in Iowa when I first learned to ski. My Dad had bought cross-country skis the year before for himself and my Mom. I was in high-school and that year we went out on our first skinny-ski adventures, with me on my Mom's skis. We glided right over fences and across bean and corn fields. There was so much snow that everybody was trapped for much of the season. But we skied a mile to the post office to get the mail and felt like we'd really pulled something big off. We tried to do teli-turns on the golf course but had no clue about the technique required so we fell and got covered with snow and laughed alot before trying it again.

While I was still in high school we drove to Mississippi Palasades park

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and as we came into town, the Pizza Hut sign's black unevenly-spaced letters said "Welcome ski racers" and we shot each other a look. We pulled into the park and sure enough, the park superintendent at the entrance booth confirmed there was a 10k ski race going on. We had done 10k runs in the summer but didn't know then that people raced on skis (we hadn't heard of the Birkebeiner down in Iowa). But like trying to teli-turn, we laughed and said, "Well, that sounds cool. We've got to give it a shot" and signed up.

We had a blast. All I can remember is flying down a hill and making it over a narrow walking bridge at the bottom on my long waxless skis. Dad came home with a trophy and the whole ride home we were giddy about the thought of telling my Mom and sister about our big adventure.

A few years later we drove to Spring Green when you could ski on the golf course that's now The Springs Resort. There wasn't all that much snow but we had come all the way to Wisconsin! It seemed like such a long way to go.

Three years ago we were eating at the bar inside Don and GG's in Ironwood, Michigan, after a day of skiing and I said, "You know, Dad, we should do something really big next year."

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Ski By Bus This Month!

Green getting to the white

Paul Matteoni

Come with the Madison Nordic Ski club on a bus trip to the snow! Sit back, take a day out of your schedule to ski on superior ski trails, while partying with fellow skiers!

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.

We're planning a trip on Saturday, January 24, leaving from Madison directly to snow country

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.

For \$50, 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 January meeting or mail it to Paul Matteoni, 1710 Yahara Place, Madison WI 53704 by January 19.

Ski areas: We will make a go/no-go decision the Tuesday before the trip (January 20). After consulting the ski areas and assessing ski conditions, we'll announce the trip destination on the Thursday before the trip (January 22). 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

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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.



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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.

6:30 am; Board the bus at UW lot 60
(Walnut and University Bay Drive)

8:30 pm; Arrive back in Madison

What to bring; skis or snowshoes; Snacks and food for the ride; DVDs; Friends! Pass the word along.

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

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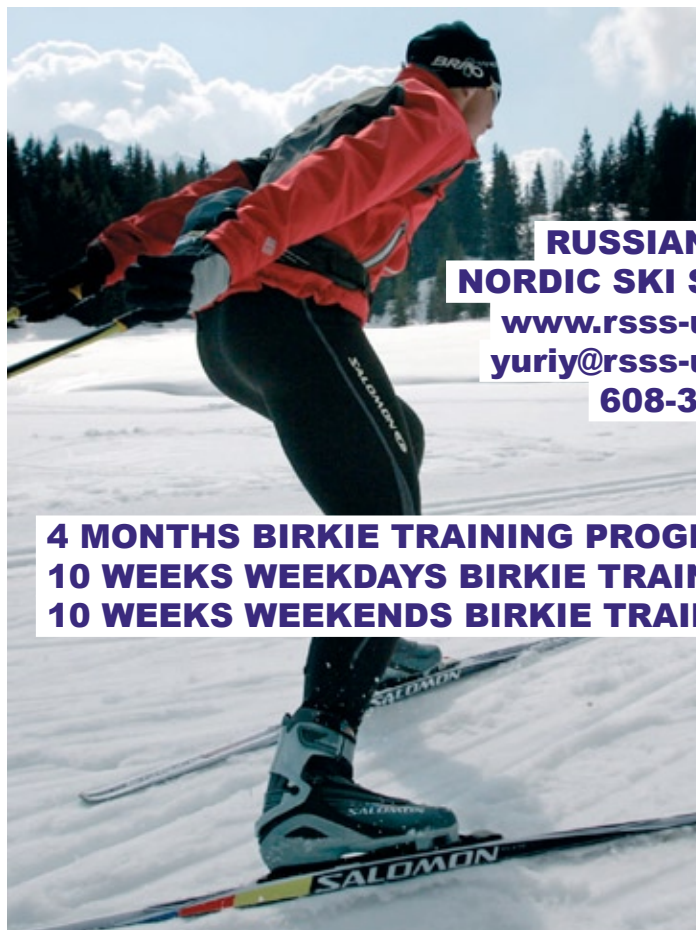
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"Oh, yeah? What are you thinking?" We should think about Europe. Think about the wine, the mountains, the food!" His eyes wandered around the bar, "I'll have to talk to your mother about that."

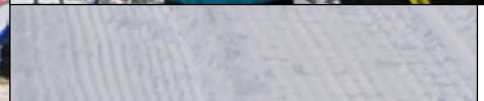
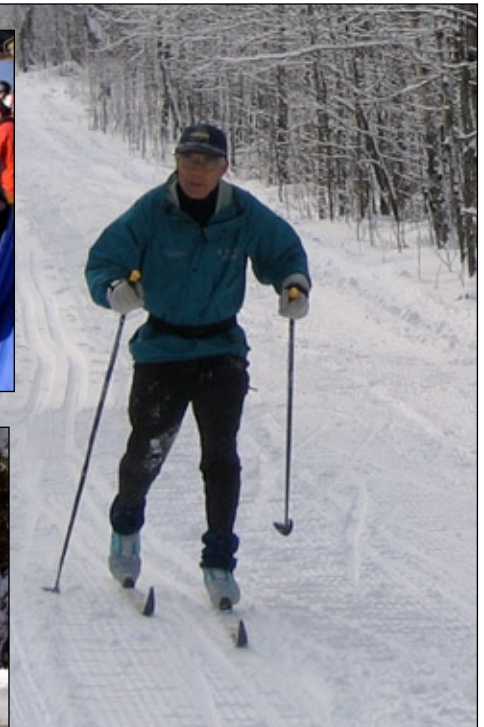
He got the green light from Mom (who was happy to have him out of the house for 10 days) so in 2007 we skied in Austria and Italy. We hit Obertilliach, Austria, home of the Dolomitenlauf and Antholz, Italy, host of that year's Biathlon World Championships, as well as Cortina d'Ampezzo in northern Italy.

Near Cortina we skied a mountain trail that crossed a 1000' gorge using a WWI railroad bridge and went through two tunnels. To cap it off we downhill at Italy's Kronplatz Ski Resort, with front-row views of the rounded Alps and the jagged Dolomites. Even more thrilling were the Italian drivers on the mountain roads!

Our memories of more than a decade of great trips carry us through the summers. And as the snow starts to fly in the late fall, we get excited to make new ones as we think about where the snow will take us next time.

No matter the year, Jerry Neff's ubiquitous green jacket is a common sight on the ski trails as he makes his annual holiday migration north in pursuit of new ski memories with his son Ben.

Photos by Ben Neff



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