

MADNORSKI News

News for members of the Madison Nordic Ski Club

February 2009 Vol. 28 No. 4

Spread the Love and Grow our Ski Community



Rob Lucas and Bill Coady

As we fly through week after week of great local ski conditions, I have noticed a lot of new skiers. My inbox is filled with people wanting to know where to rent, where to buy, when are lessons? Neighbors and coworkers are dragging old boards out of the basement and want to know how to keep from falling on the down hills or how many years a wax job should last. Seeing these people get excited about skiing is almost as much fun as skiing itself.

Don't miss this chance to capitalize on one of the best snow years ever. Winter is short and this one is already counting down. Who knows what next week or

next year will bring? So get out there and ski, but while you are at it reach out to some of those new skiers and show them the values that make us a real community of skiers.

Here are a few examples:

Teach a lesson: Jimmy Vandenbrook had 41 students show up for lessons last Saturday. The students were enthusiastic and genuinely appreciative. More importantly, they made real progress, building confidence and enjoyment of the sport. As a result they're more likely to stick with it, buying trail passes to support grooming, buying gear to keep our local shops viable, and maybe joining the club and bringing brownies to the potluck. For the teachers, it's fun, rewarding, and in my case all that thinking about technique got me working on my own bad habits.

Help out with Kidski: Louise Jones and company always need helpers for the Thursday afternoon program at

Blackhawk. It is a great program for kids who don't get many opportunities like this. All you need is the will to help.

Volunteer at Winterfest: The very existence of this unique event is a testament to Yuriy Gusev's hard work and resourcefulness, but it takes a lot of hard working resourceful people to make it happen. There's a spot for you to be part of something truly special that draws the public to skiing in a way that nothing else can.

Or make your own opportunity. Each example above started as somebody with an idea and the drive to make it happen. So the next time you have a brainstorm about what "they" ought to do remember that you're part of the solution. And we want to hear about it so don't hesitate to drop us a line at president@madnorski.org if you want to share your ideas or find out how to get involved in building a stronger ski community.

Bringing Home the Medals

Louise Jones

The High School and Middle School teams have hit the point in the season where results are starting to reflect the hard work put into training. In our Southern Conference meet at the Lapham Loppet we had three medals come home. Birken Schimpff was third in the HS Boys race, Nichole Bathe, who is in 8th grade, was third in the HS girls race. No, that's not a typo, Nichole placed third in the HS girls race

as an 8th grader, one can only wonder what she'll do in the MS division of the State meet. Middle Schooler Ellie Greenler placed second in the MS girls race. After the High School races crossed the line the Citizen race went off. The coaches decided it was time to show our skiers that we can actually race, and not just run around telling them to ski harder, push it on the up hill and step the corners. Erica Teclaw and myself suited up and took off to a reversed scenario of our racers cheering for us at the Start Line. We cruised into second and third place in our age class, the fact that there were only four in our age class will remain unknown to the

team. We have three skiers racing the 25K at the Noquemanon and then the following weekend we have most of the team travelling up to Telemark for the SuperTour NorAms. It is a full weekend of racing at all levels and most of our skiers will be racing in the 6K HS races in preparation for State the weekend of February 7th and 8th. We look forward to seeing you at our Chili Feed at the next ski club meeting. It is our annual fundraiser to cover our entry fees for State and the Madison Winter Festival so that it is possible for all the kids to attend without the added cost of entry fees. It is the Monday after State so we will have plenty of stories to share.

2008-2009 Calendar



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
- 21 American Birkebiner, Hayward, WI

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

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



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Rob Lukas: rlucasa@netzero.net

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pschneider9003@charter.net

Membership

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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

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Walter Meanwell:
wmeanwell@sbcglobal.net

Director of Instruction

Jimmy Vandebrook:
jpvanden@mhtc.net

Youth Ski Chair

Louise Jones: louisejones87@gmail.com

KidSki Chair

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Youth Instruction

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(former Junior MadNorSki coach)

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Madison Winter Festival, Elver Winter Games

Yuriy Gusev, Joe Cline, Duncan Bathe

Dear Madison Nordic Ski Club members,

On behalf of the participants, volunteers and advisory board we would like to thank you all for your support in the past and for being part of this great event.

This February 9-15, 2009 is the fifth annual Madison Winter Festival.

We have been growing every year adding new family oriented events and building new relationships. This year, in collaboration with Madison Community Foundation, Wisconsin Youth Company and Madison Parks Department, we have added the Elver Winter Skills Games.

Elver Winter Skill Games will be FREE grassroots skills and ability games that provide both boys and girls, ages 6 to 17, and adults the opportunity to showcase their athletic and artistic

abilities in selected winter activities – cross country skiing, snowshoeing, ice skating, snow carving and sledding.

This event is intended to encourage youth and family participation in winter outdoor activities, sports and emphasize fair and friendly competition. Everyone can participate in any or all of the activities at Elver Park the week preceding the events on the Square.

In celebration of our fifth anniversary we are starting Friends of Madison Winter Festival, a new and special way to recognize our supporters and sponsors, by publishing a limited edition book. The book will contain beautiful color images of our event over the last four years showcasing the unique events, spirit of participants and joy of spectators. You will receive this keepsake book in the beginning of May. With the weather turning warm the Winter Fest may seem far away

but this book on your coffee table will remind you of the winter wonderland you help to create.

Any donation amount will recognize you as a Friend of Madison Winter Festival. All volunteers, sponsors and donors names will be printed in the front of the book and listed on event web site at www.winter-fest.com. Your donation will support the Fit City Kids program, started by the Madison Winter Festival to provide opportunities for kids to participate in winter outdoor activities.

Join Friends of Madison Winter Festival at the Bronze level or higher to receive this commemorative book as a gift and an invitation to the Madison Winter Festival banquet on Saturday night at Inn on the Parks “Top of the Park”, Madison’s panoramic sky-view facility with magnificent views of the Madison Winter Festival venue and the State Capitol.

Winter Fest *continued on page 4*

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"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.



Winter Fest from page 3

Bronze Level - \$150

Silver Level - \$750

Gold Level - \$1500

We thank you for your donation and look forward to this year's Festival.

Please make your check payable to Wisconsin Nordic Sports Foundation with the "Friends of MWF" on the memo line and send it in the enclosed envelope to Madison Winter Festival, P.O. Box 930442, Verona, WI 53593 (W.N.S.F. is the 501c3 charitable Foundation that we run Madison Winter Festival fundraising through).

Thank you!

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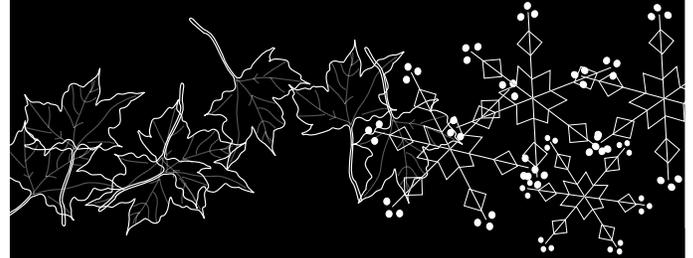

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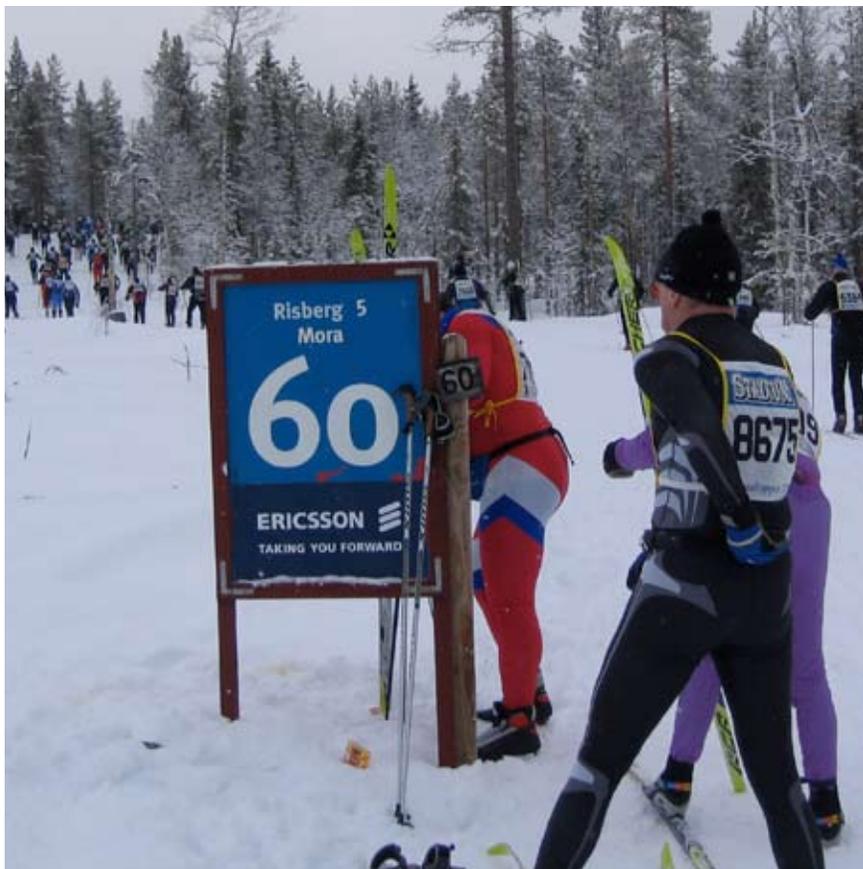
Ben Neff

90 km of skiing in one day is a big thing to contemplate. At the start of the Vasaloppet, the pressure of 13,000 other skiers pressing against you is almost insignificant compared to the 90 km in front of you. The Swedish TV helicopters fly back and forth as exercise instructors on platforms limber you up; but you're not distracted from the thought.

You forget about all that as you battle big Sweedes and tiny Germans (or vice-versa) for position up the first hill. Size matters and you get squeezed out of position like a mellow seed with skis on. Getting to the first checkpoint at 15 km in, you think that you're doing well; only 75 km left. Most around you have stopped to re-wax; twice. Your waxless skis are real heroes in the warm conditions but they earn the disgusted looks of every leathery Norwegian that you pass. And the old Finnish woman that glides past you shakes her head. "That's right, they're waxless!" you shout as she kicks past you.

You hit Evertsberg and pass the halfway mark, only 40 km to go! The temps warm up and snow turns to slush. Everyone else has stopped at the Toko waxing stations to have klister applied. At the finish you'll realize your entire skis are covered with it. Eldris and you've only 10 km to go; you feel less tired than those you're passing.

Mora at last; now how hard was that?



Good job! 30 km completed and only 60 km to Mora. It's time to stop once again and re-wax for some at the 2008 Swedish Vasaloppet. Photo: Ben Neff