

News for members of the Madison Nordic Ski Club

Fall 2009 Vol. 29 No. 1

# Time to Kick Off the Season



### **Rob Lucas and Bill Coady**

Summer flies by and another ski season approaches. Madnorski has a lot in the works and something will appeal to you, so check out the calendar at www. madnorski.org and make your plans now.

At the August board meeting (yes, we meet in the summer) the board passed a motion to support instructional programs at Elver Park for youth served by MSCR and Boy's and Girl's club. Yuriy Gusev and Walt Meanwell have been working with Madison Parks staff and Wisconsin Youth Company to plan for this program. Last year the club donated kids' skis, boots and poles to be used at Elver. We will need instructors Monday afternoons and Saturday mornings, so please contact Walt or Yuriy if you can help, you can reach them by clicking on \About Us\ The board on our website.

Dave Bell and Louise Jones are working with Hoofers and the Juniors on a "Student Night" race. Planning is still in the preliminary stage but if implemented would provide a great event for all!

Mark Plane has stepped forward to lead the ski resale at the Shorewood Community Center in November (check the web calendar as the date is TBD) Don't miss this opportunity to recycle your old equipment and stock up on some bargains. See your fellow Madnorski's at Trail workdays coming up at Elver and Blue Mounds. Plans are in the works for a shelter at the Blue Mounds Trail Head; Willi van Haren should have the story for us at the first meeting, the vendor fair on Monday, November 9th.

For most of us, the beginning of new season is a chance to see old friends and continue our ski traditions. But it is also a great opportunity to try something different. Break out of your rut by signing up for new event, plan to ski a trail you haven't tried before, and get more involved with the club. We need your talents and energy. No experience necessary, just let us know what you're interested in and we can find a role that fits. Drop us a note at president@madnorski.org. We're always happy to hear from you.

## Hidden Jewel of a Ski Trail

### **Rob Lucas**

One of my favorite ski trails (hidden in plain sight) are the Schlect Lake trails in Minocqua. Heading North on Hwy 51, Just before you come into Minoqua, exit right on Leary Road, go 200 yards east, turn left, follow the signs to the Trail Head. There you'll find a lean-to with a donation box. Leave a few bucks for gas to feed the Volunteer groomer's snowmobile – his daughter skis for NMU. These are the trails where the Lakewood Area Juniors practice. There is a 2.5k lighted loop and the trails are a bit of a roller coaster at the start. There

are 10K of groomed trails for both skate and classic. Further out there's a narrow scenic trail around Schlect Lake. Lots of Northern hardwoods and white pines. On one memorable ski with the kids we watched a pair of Pileated Woodpeckers dart ahead of us through the pines as we chased them on skis. The kids always love skiing the trail along the lake because of all the close low lying pine boughs-it's become a tradition to hit the branch behind you and dump snow on the skier behind. Because of the lights and the proximity to Hwy 51 it's a great stop-off point to stretch your legs and get a quick ski in on the way up north!

# Youth Programs Looking at a Promising Year

### **Louise Jones**

With cold weather coming recently and snow still a long thought off the coaches and volunteers of the youth programs have been hard at work getting everything ready for the season. Descriptions have been written, meetings attended and lesson plans developed. Our programs are run jointly through Madnorski and Blackhawk allowing us to pool our skills, volunteers and facilities. Registration opened in

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### 2009-2010 Calendar

### October

- 18 Blue Mounds State Park work day. Noon. Meet at BMSP maintenance garage.
- 25 Elver work day. 10 am. Meet at the shelter used for Elver Races.

### November

- 9 Club Meeting- New Gear Pre-season Activities; 7:15 p.m. Social at 6:30 p.m. Birkie stories. Lussier Family Heritage Center
- 21 Ski Swap; 8:30 am- 10 am drop off items to sell, 10:30 am- 1 pm sale, 1 pm - 2:30 pm pick up unsold items. Shorewood Community Center, 901 Swarthmore Ct.

### December

- 3 Board Meeting
- 14 Club Meeting- Pot Luck; 7:15 p.m. Social at 6:30 p.m. Birkie stories. Lussier Family Heritage Center

### January

- 7 Board Meeting
- 11 Club Meeting- Waxing for Racing and Recreation; 7:15 p.m. Social at 6:30 p.m. Lussier Family Heritage Center

### February

- 7 Board Meeting
- 8 Club Meeting- Waxing for Racing and Recreation; 7:15 p.m. Social at 6:30 p.m. Lussier Family Heritage Center

### March

- 4 Board Meeting
- 8 Club Meeting- Season Wrap-Up, Pot Luck;
   7:15 p.m. Social at 6:30 p.m.
   Lussier Family Heritage 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

### Elver Park Programs/Snowmaking

Yuriy Gusev: yuriy@rsss.usa.com



## Chiropractic Massage & Rehab

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

Winter's short, make sure your body is in the best condition it can be this season.



Lee Unwin CMT,CSCS



212 E. Verona Ave -Verona, WI unwinwellness.com



Dr. Jill Unwin DC,CCEP



#### **Co-Presidents** Rob Lukas: rlucasa@netzero.net Bill Cody: bill.coady1@gmail.com

Vice-president Tom Woody: woodyt@charter.net

**Treasurer** Pam Schneider: pam.a.schneider@micorp.com

### Membership

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

#### **Race Director**

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

**Advertising** Dick Steinle: dicksteinle@yahoo.com

> **Newsletter** Ben Neff: ben.neff@tds.net

Social Director Gordy Barthowome: gordybart@gmail.com

Webmaster Craig Heilman: craigh@bugsoft.com

Wisc. Nordic Sports Foundation Walter Meanwell: wmeanwell@sbcglobal.net

> Adult Instruction Jimmy Vandenbrook: jpvanden@mhtc.net

Youth Instruction Bill Rattunde bill.rattunde@gmail.com

KidSki Chair Mark Webber: webber@chorus.net

Youth Instruction Chris Lawn: chrislawn@tds.net

**Trips** Paul and Karen Matteoni: paul\_matteoni@hotmail.com

# Rollersking 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.

Roller ski Reminders:

• 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 a downhill can be unfortunate. Avoid a high spveed 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.

• Stay sharp. Keep your pole tips honed. A solid pole plant is a beautiful thing.

• 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. You don't.

• 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.

• Stay focused. Practice makes permanent. It's easy to get lazy on roller skis and develop bad habits. Pay attention to what you are doing. If you tend to zone out or have a short



A good day on the roller skis can leave you invigorated. But some days, even after several Gus and a couple of bottles of energy drink you can still end up looking as wrung-out as Duncan Bathe. Photo: Ben Neff

attention span try going awhile with out poles. Mix it up.

• 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

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# Girls having fun!

# 5th Annual Women's XC Clinic December 12th & 13th, 2009 Birkie Trail, Seeley WI

**Skate Ski Instruction for Women by Women.** Instructors Cindy Swift , Jan Guenther & many more qualified, experienced, fabulous, fun female coaches!

We'll pamper you with positive attitudes, motivation, coffee, chocolates, wine, cheese and quality instruction. Improve your skiing, learn technique and have a good time!

### Information

Where: Check in/Packet pick up in Seeley at Riverbrook Ski shop Friday 12/11 until 5:00. After 5 registration is in the back of Mooselips Cafe in Seeley until 9pm. Saturday morning we meet at 8:00 am for registration at Mooselips in Seeley. At 9:00 am the program begins at Mooselips before we go out to the snow. Saturday is a full program including lunch. Dinner is offered ala cart but we provide wine, chocolate and free raffle prizes! Sunday begins at 9 and goes until noon with lunch. A detailed itinerary will be emailed upon registration. Wax and ski service provided at Riverbrook bike & Ski in Seeley, a full service ski shop specializing in women's equipment clothing & accessories.

\$130.00 per person includes coaching, lunches, hat, treats, coffee, wine, raffle prizes. Lodging not included.

Lodging Ideas: Lenroot Lodge of Seeley www.seeleywis.com/lenroot.htm 715-634-7007. www.spiderlakelodge.com 800-653-9472, www.forestmoonbb.com 715-638-2529, Old "OO" Lodge 715-558-6202

Name	
Address	
City State Zip	
Email	
Phone	

Register on line: Riverbrookbike.com or Gearwest.com

Contacts: cindy.swift@wheelandsprocket.net 715-558-2897 gearwest@gearwest.com 952-473-0377

Mail registrations to: Riverbrook Bike & Ski 102 E. Maple St. Spooner, WI 54801 checks payable to Riverbrook Bike & Ski





Roller skis can function as basic transportation. In this case, the Great Dane Brewpub in Fitchburg (just off the Capitol City Trail) accomodates roller skiers with reserved parking. Photo: Ben Neff

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.

### From page 3

• 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.

• Have fun.

• Think big. Europe has a well established roller ski race circuit. You could fly over for a few races.

## Ten Reasons to Join Blackhawk Ski Club

### Louise Jones

1. When there's no natural snow there is manmade snow at Blackhawk

2. 5K of private trails connecting to 15K at Pleasant View Golf Course

3. Lighted trails are groomed and maintained by members (this does not however, automatically give you the right to bribe the groomers, you must first make an attempt to learn how to set track, then anything you're willing to part with is fair game for bribes)

4. Youth programs are available for Nordic, alpine, and jumping

5. Facilities are open year round offering in the winter Nordic, telemark and alpine skiing and in the summer mountain biking and running on the same trails so you can cross train (not to mention the 230 stairs you can run up next to the 60m ski jump)

6. Two lighted chalets with wood stoves provide a warm place to change boots and chat with your friends

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## Why Wait for Snow? CATSki Clinics

### Times and Locations:

Elver Park October 10th 5:30pm-7:00pm Elver Park October 17th 5:00pm-6:30pm Lussier Family Heritage Center November 5:30pm-6:30pm

### New for 2009 (Learn the Cat 1 and Cat Alternate technique)

After testing and fine tuning, I am ready to teach you a new technique that will improve your classical as well as your skate technique. The Cat 1 is a hybrid of V1 and striding and the Cat Alternate is a hybrid of the V2 alternate. These new techniques will help you in both classical and skate technique at the same time. They will also add another level to your ski training.

- Try out the Classical All Terrain Roller CATski.
- Learn how to cross country ski with good technique in less than one hour.
- Easy to use for all abilities, if you can walk you can CATski.
- You will learn go down hills safely and easily.
- We will make you faster and 5-15% more efficient with essentially one simple drill and we can prove it.
- Skate skier improve by incorporating classical skiing in their training.
- We will look how maintaining momentum is crucial in ski technique.

Go to www.catskier.com for schedule updates, changes and directions. To Register call 1-800-380-8412 or email: daleniggemann@gmail.com



# **Gearing Up**

### **Dick Steinle**

Hello Folks! Another ski season will soon be upon us and I hope everyone is gearing up for it. November will mark the beginning of time for getting your equipment dusted off, storage wax removed, hats & gloves out. If you think it's time to pass on any of those unwanted items, don't forget the November club resale.

Now for new gear to replace the slightly used or just worn out gear, remember Vendor Fair is coming the first club meeting in November. Vendors will have things for sale as well as what's new for this ski season.

Before the snow starts, enjoy the fall color on your roller skis or strolling down some beautiful hiking trail!

### Blackhawk from page 5

7. Numerous special events throughout the year bring the entire club out to celebrate together

8. Blackhawk is involved with, and supports many of the same programs and events that Madnorski does

9. Outreach program volunteers teach 25 MSCR to be active and enjoy winter through cross-country skiing

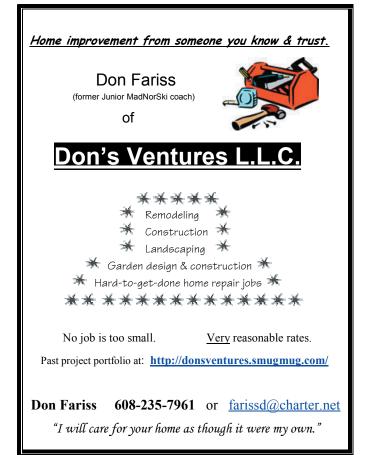
10. You always say you should do more hill repeats and with hills practically designed for it you'll never have an excuse not to again So check it out at www.blackhawkskiclub.org!

### Youth Programs from page 1

early September through the Blackhawk website and already programs are filling up with skiers and families eagerly awaiting the first flakes. The High School team starts on November 2nd with dry land training at Blackhawk and roller skiing on area bike trails. On November 30th the Middle School team joins them in time for a few dry land practices before snow flies from the Areco snow

guns, or the clouds if we're lucky! Then it's only a matter of a few practices and we're gripping and gliding our way to the first races. In the beginning of January the Kidski program starts meeting and continues to fulfill its goals of becoming larger and more successful every year while reaching as many interested families as possible. As always a big thank you to the many volunteers and parents who make these programs possible, Bill Rattunde for

the third year is helping coach the High School/Middle School team, and Chris Lawn for the second year is heading up Kidski along with other volunteers. We look forward to having you as part of our programs and to seeing you on the trails. For more information or to contact a coach see the Youth Programs page on the Madnorski website and to register see www.blackhawkskiclub.org





# Superfit Program Comes to Montana Sports

### Yuriy Gusev

CXC Team Vertical Limit athletes and coaches will assist Madison area skiers with fitting equipment on October 30 – November 1 at Fontana Sports west-side location) starting on Friday morning.

"SUPER FIT" is a weekend educational and sale program featuring the unique high tech user friendly pressure testing mat. Three days filled with seminars, presentations and store specials at local retail shops around the region.



Performing the traditional "paper test" to determin weight distribution and wax pocket.

### Tentative Schedule of Events:

Friday, Oct 30: 3D Ski Flex Mat Testing (store hours)

Glide and Kick Waxing Seminar by Yuriy Gusev – 5:00pm

Saturday, Oct 31: Free Dryland and Rollerski Technique Clinic – 8:00am (meet at the store parking lot)

USSA Level 100 Coaches Certification Technique Clinic – 8:00am (meet at the store parking lot)

3D Ski Flex Mat Testing (store hours) American Birkebeiner Presentation by Dennis Kruse – 4:30pm



*Flex mat testing shows detailed weight distribution across the length of the ski, helping you determine exact fit and wax pocket length.* 

Optimal Training for Maximum Results Seminar by Yuriy Gusev – 5:00 pm

Sunday, Nov 1: 3D Ski Flex Mat Testing (store hours)

Salomon USA and CXC will be also hosting a raffle. Every store visitor will have an opportunity to drop their name in a hat to win fun prizes such as backpacks, ski bindings, ski hats, coffee mugs, stainless steel water bottles, technique CD-ROMs and Birkie DVDs.

# Newsletter Editor Needed

### Ben Neff

It's been too many years and too many issues to remember exactly how long I've been assembling *MadNorSki News*, but it's been a lot of fun along the way. The Newsletter Editor is a board position and I'be able to see and participate in many decisions that have successfully affected the club, as well as make my contributions to the newsletter. Now I'm looking for someone who has the skills and software to put together the layout each month. Please contact me if you're interested at ben.neff@tds.net.

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#### "Super Fit" is a weekend GEAR WEST SKI & RUN

Web Site: www.gearwest.com

and store specials. Get Dates: September 18-20, 2009

### CXC Team Vertical Limit HOIGAARD'S

sale program filled with

seminars, presentations

your equipment fit by

professional athletes and

coaches using state of

the art 3D ski pressure

mat. To learn more visit

www.cxcskiing.org

Web Site: www.hoigaards.com

Dates: October 23-25, 2009

#### FONTANA SPORTS

Web Site: www.fontanasports.com
Dates: October 30 - November 1, 2009

#### **FINN SISU**

Web Site: www.finnsisu.com
Dates: November 6-8, 2009

#### **BICYCLE DOCTOR**

Web Site: www.bikedr.com

Dates: November 13-15, 2009

#### **RIVERBROOK BIKE & SKI**

Web Site: www.riverbrookbike.com

Dates: January 15-17, 2009

### MATT LIEBSCH CXC Team Vertical Limit member

1st overall 2009 50K Skate American Birkebeiner 3rd overall 2009 U. S. National Championships

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