Cross-country Skiing for Everyone

MADNORSKINEWS

News for members of the Madison Nordic Ski Club

Nov 2009 Vol. 29 No. 2

Season Kicks Into Gear





Rob Lucas and Bill Coady

The Ski Season has officially begun. For our first meeting of the season we reached out to local Birkie/Korte skiers and the response was fantastic. We had a full house with many new faces. We had a wide array of vendors covering everything from gear to events to health and fitness. Birkie Executive Director Ned Zuelsdorf was there to share his plans for the season (check it out at birkie.com). Mark Plane sold a record 80 trail passes and a lot of you renewed your memberships. (If you didn't get a chance to renew, please do it today at madnorski.org\members.) With our first meeting successfully completed, it's now time to dream of snow, talk to friends, and plan trips.

The club has a lot going on and we're

asking you to get involved. You can volunteer to help at the Ski Swap, or Kids programs at Elver with Madison Youth Company and MSCR, or at the popular Tuesday night races. You can help build sit skis. We'll need instructors for lessons at Elver, and may try lessons at Blue Mound this year. Speaking of Blue Mound, planning is well underway for a new warming house/learning center, you might want to be part of that. Club members will also be key at Winter Festival again this year (with expanded activities at Elver). If you have a few hours we can help you find a way to build Nordic skiing in Madison. Email info@madnorski.org if you're not sure what's right for you.

If you are ready to leave your mark on the local ski community, we have a spot for you on the Madnorski Board. We have openings on the board for Newsletter Chair, Publicity Chair, and, are discussing a new position that would find speakers and new content for club meetings (of perhaps a more regional appeal than your copresidents), and manage social media

like Facebook or a club blog. (You'll receive a survey shortly to gauge what you want at meetings and how we can improve communications. Please reply to the survey and help us "spice up" the present meeting format.) Service on the Board is fun and rewarding so please give it your consideration.

Plans are also underway for a ski race held in conjunction with the High School team and the UW-Hoofers ski club. Stay tuned for details. Kidski has twenty kiddos signed up already. We're hoping to maximize our partnership with Blackhawk as well as having some of the program at Elver. Plans are being finalized to house a couple of sit-ski's at Elver as the result of vision generosity and drive of club member Don Becker.

We're also hoping to ski a lot. Keep in touch- please post often, as we try to keep members informed of trail conditions on our website. As always, if you have an idea, interest, or concern please feel free to send your presidents an e-mail. We read them all.

Two Upcoming Club Ski Trips

Paul Matteoni

This year, the Madison Nordic Ski Club has two winter ski trips planned:

An early season one-day bus trip to an excellent trail in northern Wisconsin or Michigan's U.P. Leave the driving to others while you ski all day and party on the bus. This trip is oriented for all

levels of skiers, as it features adult ski instruction.

A carpool trip to the inaugural BirkieTour. This trip features accommodations at the Telemark Lodge, adjacent to the starting line; a bus return from the finish; and a companionable car trip.

One-Day Bus Trip, Saturday, December 12, 2009

Come with the Madison Nordic Ski club on a bus trip to the snow! Sit back, take



Continued on page 3

2009-2010 Calendar



November

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

MAD NOR SKI

2009-10 Board

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

Youth Instruction

Chris Lawn: chrislawn@tds.net

Trips

Paul and Karen Matteoni: paul_matteoni@hotmail.com

Use Your Ski Skills to Track Wolves!

Brock Woods

Looking for something new to enjoy while on skis this year? Are you the kind of person who loves to be out in winter's magical white landscape (even though you may not be maxing out your VO2), and would thrill to think that you and a large carnivore share the same trail? Have we found a deal for you!

The Wisconsin DNR is again looking for volunteers to help monitor our state's wolf population, and they actually encourage use of skis for the work!

Volunteers are assigned survey blocks in forest portions of northern and central Wisconsin, and are asked to conduct three or more surveys there each winter. Your gathered information will be compiled with data from other

volunteers to help biologists evaluate wolf populations.

Four training sessions are scheduled: Nov. 7 in Ashland, Dec. 5 in Babcock, Dec. 5-6 in Grantsburg, and Dec. 12 in Tomahawk. They run from 9 am to 3 pm. Register as soon as possible as space is limited. The Babcock site is closest to Madison and that meeting is less than four weeks away!

For complete details on the program go to WDNR's website at http://dnr.wi.gov/org/land/er/mammals/volunteer/.

For those of you who have always yearned to emulate ancient Nordic hunters by searching for big game while on your skis, this is your chance!

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

Continued from page 1

a day out of your holiday 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 leaving from Madison directly to snow country (either Minocqua Winter Park or ABR in Ironwood). 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 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

Compare to driving yourself with a friend...

	Wausau	Minocqua	Ironwood
One-way distance	144	216	265
One-way time (hh:mm)	2:25	3:33	4:39
Round trip in miles	288	432	530
Gallons of gas @ 20 mpg	14.4	21.6	26.5
Gas cost @ \$2.60	\$37.44	\$56.16	\$68.90
Ski passes (two)	\$20.00	\$24.00	\$24.00
Total cost for two	\$57.44	\$80.16	\$92.90

payable to **Madison Nordic Ski Club** and bring it to the November meeting or mail it to Paul Matteoni, 1710 Yahara Place, Madison WI 53704 by December 5.

Birkie® Tour Carpool, weekend of January 22 -24, 2010, Cable, WI:

For our second trip, MadNorSki will partner with the Birkie® Foundation for its first "Birkie Tour". The BirkieTour will be an untimed, non-competitive, open-track style fun event on Saturday, January 23, 2010. It's perfect for Birkie® skiers looking for a warm-up, potential Birkie® skiers who are unsure they're ready, and maybe most importantly for people who'd like a semi-supported

opportunity to ski the Birkie® Trail system, but aren't into ski racing. Ski 43K, 48K, or 51K BirkieTours or 22K or 27K distances of the KorteTour, in either classic or skate styles. You may have heard about this at the November meeting. More info about the BirkieTour is available at www.birkie.com.

MadNorSki will coordinate car pool rides to Cable. We'll stay at Telemark Lodge, which is right at the starting line of the BirkieTour. Telemark is offering a discounted rate of \$89/room, of which they will donate \$10 to the Birkie®. If you're interested, contact Paul Matteoni at the December or January meetings or by email at paul matteoni@hotmail. com.

Ask about discount for SISU and Grandview Challenge racers

CHASING SNOW? WINDSONG LODGING

Ironwood/Bessemer, MI

One Bedroom rental units at reasonable rates

For Skiers By Skiers
Kitchens, Hot Tub, WiFi
Close to Wolverine and ABR trails

Early Cross-Country Season
Discounted Rates

www.windsong-lodging.com

920-427-6086

Learn About The Plants Past Which You Ski

Brock Woods

Ever wonder about three quarters of the way through the Birkie that there must be something you could think about to take your mind off the immediate state of your body? Consider attending a new workshop on plants in winter being offered at the UW-Milwaukee Field Station near Cedarburg! **Ecology and Physiology of Plants in Winter:**Surviving the Big Chill will be conducted on January 8-9, 2010. Here's a class description:

The plants of temperate and boreal regions have several adaptations that allow them to survive low temperatures. Minimum temperatures set the range limits for many species, and snow and ice loading can be important constraints on the morphology of northern trees. Some woody plants can photosynthesize in the winter, which

is also an important time for seed dispersal. This workshop will explore all of the aspects of plant life in the winter, especially what is known about the special adaptations that allow northern plants to survive the freezing and drought associated with extreme cold. We also spend some time learning the basic characteristics used to identify woody plants in the winter.

Workshops at the field station are informal, though well structured, learning opportunities. They attract a wide variety of participants, and are always fun. Fee is \$90 and includes warm overnight accommodations! (With your sleeping bag.) Great meals are available, but optional. For all details see their website at http://www4.uwm.edu/fieldstation/workshops/.

Limited to 20, so sign up soon...and give yourself a new way to see the winter woods. It won't tell you why the trees are starting to appear in rainbow colors, but it ought to explain just about everything else you want to know about how they survive the winter!

Stormy Weather

Rob Lucas

Beloved club meteorologist Scott Bachmeier has suffered a reversal in health in his battle against the effects of a ruptured brain aneurysm that he suffered several years ago. He has recently returned home after spending a month in the hospital – following an unsuccessful spinal cord surgery, he has lost feeling and movement in his legs, which has him attending physical therapy daily and using a wheelchair for mobility. He'll be recovering at home through the month of December, but is very interested to try sit-skiing this winter. Scott can be reached by email at bachmeier@mac. com.







Ski for Light January 15-17, 2010

Karen Matteoni

A number of MadNorSki members have participated over several years in the Wisconsin Ski for Light. At these annual events, we guide blind and visually impaired skiers on cross country skis at the Lions Camp near Rosholt, Wisconsin. It is a wonderful weekend of fun in a beautiful area. It's heartwarming and gratifying to show people the wonders of skiing. Most blind people don't get much of a chance to enjoy winter so they really look forward to Ski for Light. We go skiing, snow shoeing and tubing in a beautiful wooded

area. Don't feel that you need to be an expert skier, just be comfortable on skis. Training is provided for the guides.

The Sons of Norway sponsor the event so there is no cost for guides for the weekend from Friday, January 15 to Sunday, January 17. There is even a free bus from Madison. In case there is no snow, they have Cat Skis.

The number of blind skiers depends on the number of sighted skiers who are guides. So please consider volunteering for this fun event. There's more information available at www.wiskiforlight.org. To join, contact the SfL coordinator Mike Graper at getgraper@gmail.com.



Escape to 100km of trails groomed for classic & skate Ski, eat, rail & sleep 6 days - All for \$899



800-532-9488 www.alpenwild.com

Trip to Lillehammer, Norway

Bob Walsh

On January 23rd, 2010, Bob Walsh Crystal Lake, IL, will be leading a group to Lillehammer, Norway, to X-C ski for the 5th time. Reservations are being made now for the group to stay at the Sjusjøen Høyfjellshotell which is located in the mountains on the Birkebeiner Trail. There are approximately 450 K of linked, groomed trails in the area.

The skiers that form the group are of varying ability and come from various parts of the middle west. One couple may be joining us from Sweden. Most members will be returning on the 30th, but several are continuing on to loppet races in Austria, France, and Estonia.

Lillehammer is an easy 20 k or so down the mountains with the trail passing through Olympic stadium where the biathlon team practices most days. It is best not to ski in front of targets when they are practicing.

Café's, shopping are all available and the # 16 or #18 bus will take you back up to Sjusjøen. Skiers 67 and older get a 50%? discount on bus and train travel inland, but you must say Pensjoner when ticket is purchased.

If you are interested contact Bob Walsh, bobwalshnd@att.net, 815 715 3855; or Tom Schirz, taschirz@tds.net, 6087782397, for more information.

Round trip to Oslo on SAS were \$661.92 in late October.



Trails Committee Update

Ski Trailhead Flier Boxes Going Up

Brock Woods

Clear Plexiglas boxes designed to hold the club's informational fliers are being installed in most local parks this fall. The hope is that skiers will become more aware of our club and our efforts to function as an organized conduit for XC ski information to and from local parks departments. By accessing our online ski area map of the county, skiers should also learn about the many parks nearby that are groomed for skiing the highest concentration in the state! This should help send skiers to more different parks, making their skiing more fun and alleviating some of the pressure on Elver and Odana.

Mark Plane and Dick Steinle (the head of this project) have started to install

boxes in Dane County parks. Look for them now at Lake Farms and soon at Indian Lake, Cam-Rock, and Token Creek. Jim Coors has Tim Dahlen putting boxes up at Pheasant branch and Pleasant View. Pete Anderson has fired off our preferences for box locations to Madison Parks and we're now just waiting for their go-ahead before starting to install as many as 10 of them throughout the Madison system. State parks are receiving them, as well: Karl Heil has two boxes going up at Bluemound and boxes will soon go up at Mirror Lake and Governor Nelson. We also hope to have at least one box up at each of several other nearby state parks.

WE NOW NEED YOUR HELP to really make this effort successful. Boxes without fliers will do us no good, so we need those of you who ski frequently at any of these parks to help make sure they always have enough fliers in them. You'll need to check your park whenever you ski there. Please see or

call Dick Steinle (608-345-2434) to offer your assistance in stocking the box(es) at your most frequented park. He will have fliers for you or tell you where to pick them up. This will be one easy way for you to really help both the club and local XC skiing!

Door Creek Park News

Parking lots and blacktop courts have appeared at the north end of this new park over the summer, and according to Russ Hefty of Madison Parks many of the ski trails at the park have been brushed out. Unfortunately, a quick thaw of the ground last winter did not allow trail grading then (put off to protect some of the old oaks around which the trail will go), and no ski trails will be groomed this year. "Bushwack" skiing may still be possible there this season, but take care as rocks and sticks may still create some hazards. We'll keep you up-to-date on progress at this fabulous new eastside park.





