

BLACKHAWK SKI CLUB NEWS

January 2000

Ski Jumping Tournament set for Jan 30!

Blackhawk Ski Club will be hosting the 53rd annual ski jumping tournament on Sunday, January 30th, beginning at 1 P.M. There will be jumping events for all ages. Junior jumpers range in age from 6 - 17 years old, and compete on 10 and 30 meter jumps. Some of the Junior jumpers, and the Senior jumpers will then jump on the 60 meter jump, where leaps of 180 feet are expected.

Registration is free for Blackhawk Ski Club members, there will be a nominal fee for jumpers from other clubs. The public is encouraged to come out and watch this fantastic sport, free of charge! If conditions permit, there will also be a Nordic

combined event this year. The Nordic Combined is a combination of Cross Country ski racing and Ski Jumping. Newcomers are always welcome to try ski jumping. Children are easily able to jump the 10 meter jump on their downhill skis.



Practices are on Tuesdays and Thursdays at 5 PM. For more information, please e-mail Don Wylie at Don@blackhawk-skiarea.org, or call him at 263-7458 (wk) or 833-2744(hm).

Blackhawk Ski Jumping Circa Late 1950's



Cross Country Skiing on a Roll

The cross country ski program continues to improve at Blackhawk. Through the generous contribution of Susan Remington, the club has purchased a new trail roller from TidTech, to pull behind the snowmobile. This roller will be used to groom the snow in the early winter or following new snowfall. It should improve the quality of the trails considerably. In addition, the club now has a X-country Ski Trail Hotline. The number is 831-8461 (the number at the East Chalet). Trail conditions will be updated as conditions change. If you have any questions about the quality of the snow on the trail, give the hotline a call. We have added a new trail to connect the east and west slopes. This trail starts at the bottom of hill #2, crosses the road near the new ski jump rope tow, and goes up the hill on the east side of the road. It then turns left, comes out of the woods near the new ski jumps, and then joins the east trail system. Please note that this is a one-way trail going up the hill. If you want to return to the West slopes, take hill #6 down and follow the north creek trail around the pond. We have also purchased about 3,000 evergreen trees to be planted this spring. These will be planted to provide better cover and shade for the trails. More information will follow when plant-

Beginner Ski Lessons

Don't let your kids have all the fun! Blackhawk Ski Club is now offering beginner ski lessons for adults and kids ages 10+. The lessons run about an hour and fifteen minutes and cover the basics including stopping, turning, getting up, and riding the rope tow. The cost is \$15 per person. If you are interested in signing up for lessons or need additional information, please contact Kathrine at 246-0541 or e-mail me at canis@chorus.net.



ing time comes. Finally, if you have any questions or suggestions about cross country skiing, you can leave a message on the XC hotline.

Blackhawk Trekkers

Attention: all walkers, runners, hikers or just plain exercise enthusiasts, Blackhawk Ski Area needs you. We would like to tap into the alternate exercise crowd (those people that prefer their exercise without the constraints of boots, skis and poles or those people looking for exercise when the snow has melted) and organize a Blackhawk based group: the "Blackhawk Trekkers". We have enlisted the help of a local runner (an ultramarathoner) to coordinate these efforts and we hope to meet weekly for training sessions, clinics and anything else that you might want to include. The first step is to see what kind of enthusiasm we have for this program. Based on this response, we will get the ball rolling either during the winter or early spring. If you or anyone in your family is interested in an organized outdoor exercise program that promises to keep you fit 12 months of the year at no additional cost to you (included in your Blackhawk membership) please fill out the following questionnaire and mail to:

Paul Manley 4138 Country Club Dr. Madison, WI 53711 or
paul@blackhawkskiarea.org

Your name:

Your address:

email address:

Daytime phone:

Area of interest(i.e. walking, running, hiking, stair climbing)

Number of times you might exercise/week:

Is your interest in casual training for fitness or training for competition?

Is your interest in group training or do you prefer solitary training?

Would you be interested in meeting one to two times per week for a group training session?


Would seminars in training techniques be of interest to you (nutrition, the use of heart rate monitors, interval training etc.)?



Blackhawk Ski Club
2136 Van Hise Ave.
Madison WI 53705

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The 1st Annual Winter Potluck at Blackhawk Ski Club
Friday January 28th, 6 P.M., at the West Chalet.
Bring a dish to pass, and utensils. The club will provide brats, hot
dogs, buns, and drinks.

The ski hills will be open the usual Friday night
hours, 6:30 -9:30 PM.

The Annual Winter Carnival
Sunday February 13th from 1 PM - 4 PM.
There will be games for children and adults. Bring the whole family
for an afternoon of fun!