

WISCONSIN

Hayward: favorite roller ski area is Moose Lake Road east of Hayward, between Hwy. A and S. Ten miles and good asphalt, rolling hills some fairly steep. Hard workout.

HOLLY HILL: I have skied Classical V2 roller skis throughout the State of Wisconsin. My favorite places include the Holy Hill area just outside Milwaukee, the back roads of Waukesha County, the Southern Kettle Moraine area, Greenbush near Sheboygan, Harrison Hills near Rhinelander, the Blue Mounds area southwest of Madison, and the Baraboo Bluffs between Portage and Baraboo. By the way, V2 roller skis are the best training tool for becoming a powerful diagonal strider. After twenty years of rollerskiing I have found none better. - *Michael J. Mandli*

La Crosse: The Early Morning Anaerobic Group (EMAG) endorses the following route: Up Bliss Road (Granddad's Bluff) across the ridge on F to FO. Down FO with 3 to 4 clicks on the speed reducers on the steep section. Release the reducers and roll to the intersection of FO and OA. Up the long hill for a nice anaerobic challenge. Right on 33 (little traffic in early am). Back across the ridge on F, down Bliss and home. Enjoy challenging V1 and some V2 hills. All techniques on the rollers, and double pole down the big hills to maintain your heart rate in a zone 3. -*James Mannion*