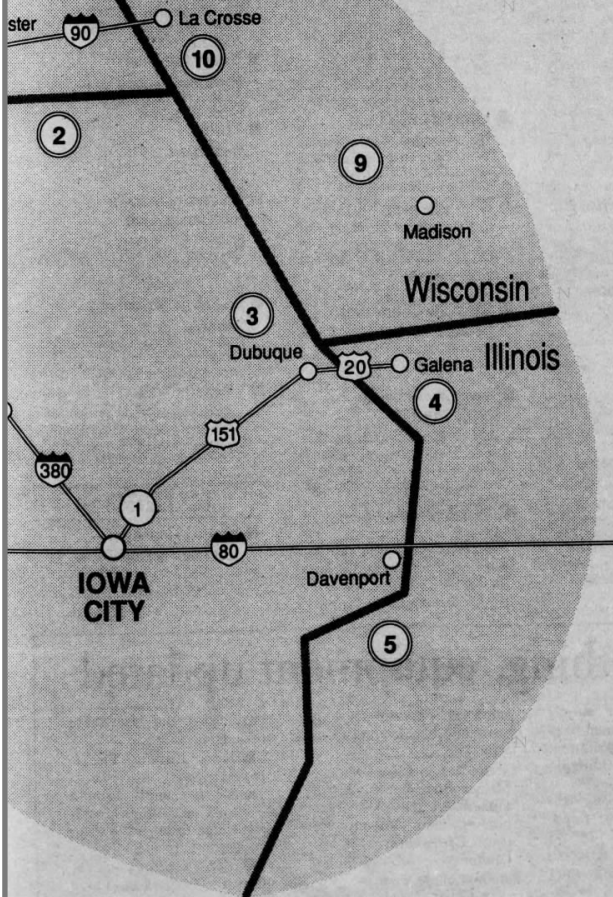


TORY

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1. Fun Valley
2. Nor-Ski Runs
3. Sundown
4. Chestnut Mountain
5. Snowstar
6. Mount Kato Ski Area
7. Welch Village Ski Area
8. Afton Alps Ski Area
9. Devil's Head
10. Mount La Crosse



By Laurie Minick
The Press-Citizen

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he "mountains" of the Midwest look an awful lot like hills. But Heartland ski buffs don't seem to have any trouble making due with available resources.

If you can't afford the time or expense of a trip to Colorado, why not check out slopes in the Midwest? Here's a partial list of ski areas in the Iowa, Illinois, Wisconsin and Minnesota region:

Iowa
■ **Fun Valley**, near Montezuma, eight miles south of Interstate 80, has eight chairs and 11 runs. The area has slopes for beginners, intermediates and advanced skiers. Cost is \$24 a day on weekdays and \$30 a day on weekends. Cost includes ski rental, ski boots and poles. For information, call (515) 623-3456.

■ **Nor-Ski Runs**, near Decorah, 1½ miles north of Highways 52 and 9, features eight runs for skiers of all abilities and three lighted runs for night skiing. Cost is \$6 a day for students, \$7 for adults. Ski rental is \$6. Nor-Ski does not make snow. For information, call 382-4158.

■ **Sundown**, 17017 Asbury Road in Dubuque, has 20 runs for all ability skiers and five chair lifts. Cost is \$18 for weekdays and \$25 on weekends. Full ski rental is \$18. Group lessons are \$11, private lessons are \$24. For information, call (800) 397-6676.

Illinois
■ **Snowstar**, 20 miles south of the Quad Cities in Taylor, Ill., has nine runs: two beginner, five intermediate and two advanced. Full day rental is \$17; after 4 p.m. rental is \$13. Group lessons are \$10, private lessons are \$19. Weekend lift tickets are \$19 for adults, \$13 for children under 12. Weekday rates are \$14 for adults, \$10 for children. Children younger than 6 ski free. For information, call (309) 798-2666.

■ **Chestnut Mountain**, Galena, Ill., has 16 runs for all abilities. Complete rental is \$18. Group lessons are \$12 an hour, private lessons are \$25 an hour. Weekend and holiday lift tickets are \$26 for adults and \$19 for children 12 and under. Weekday lift tickets are \$20 for adults, \$15 for 12 and under. Children 6 and younger ski free. For information, call (800) 397-1320. For ski conditions, call (800) 798-0098.

Wisconsin
■ **Mount La Crosse**, south of La Crosse, Wis., on Highway 35, has 17 runs. Rental is \$20. Group lessons are \$5, private lessons are \$15. Lift tickets are \$26 for adults, \$22 for juniors (ages 11-17) and \$20 for children ages 6-10. Children 5 and younger ski free with a paying adult. For information, call (608) 788-0044.

■ **Devil's Head**, south of Baraboo, Wis. For information, call (608) 493-2251.

See SKI/6C

Dressing for the occasion

You don't have to look like a fashionplate on the slopes. The clothes in your closet will do just fine for skiing — but remember to dress in layers.

Here's a check list of clothing and related items recommended by representatives of ski industries and ski resorts:

- Thermal shirt or undershirt
- Long underwear
- Light- or medium-weight socks (preferably wool or a wool blend)
- Turtleneck
- Sweater or flannel shirt
- Nylon pants or ski pants worn over jeans
- Winter coat
- Hat (wool is best)
- Waterproof gloves or mittens with long cuffs to keep snow out
- Sunglasses or goggles
- Sunscreen
- Scarf or face mask