

Superiorland Ski Club



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December:

Thankfully, it has snowed enough for us to ski, even if it is by headlamp. It takes perseverance to work in daily skis in the short days and the bustle of the holidays. The high school team dove right in and raced in Houghton just before Christmas. Our Prep Team made the transition from dryland to waxland smoothly, and our ski swap in November supported our efforts. Santa was good to us.

January:

It has been a pretty cold start to the New Year, but the trails are in great shape. If you don't mind sub-zero temps, the skiing is awesome!! Our high schoolers found even colder temps as they went out to race at Giant's Ridge in Minnesota. Then our Junior National kids turned right around and headed to Cable the next weekend, with a tough ski in 40 degree temperatures. By the time the Noquemanon rolled around, the snow was deep. Our Jr. Noque race went well with our Superiorland skiers taking 6 of the top 10 awards, including 1st places for both Luke Rambo and Ericka Asmus. The Jr. Noque even included a rainbow after the rain! (yes I said rain) Good news for the Noquemanon Race trail crew, but woe to those out-of-towners who didn't get across the bridge early enough Friday.....that meant the race to some, but not to others, including some of our "ski club alumni" who would not be deterred. Kudo's to them! Meanwhile, our ski cats program started, with a team of great volunteer coaches and enthusiastic new skiers. Some of us even had time to cheer on the ski jumpers at Suicide Hill!

February:

February dawned cold and clear, once the lake froze along the shore. Skiing has been fantastic on our local trails. The Junior National Qualifier we hosted at Al Quaal was cold, but the competition was hot! On a more local level, the weekly Marquette County Cup races have been going strong. In addition, the ski cats and prep teams have continued their training. In mid-February, the temperatures warmed up for our high school team as they traveled to Houghton for the State Championships. They finished very well as the "State Runners Up", with a tip of the hat to Ericka Asmus, State 5k Classic Champion. Congratulations, team! February has been a busy month for us skiers.

March:

March has moved in more as like acrobat than a lion, as temperatures have dipped and swayed all across the board. Even so, we have enjoyed a beautiful full moon ski in early March. And as the race and prep teams put the storage wax on their good skis, and the ski cats rejoined their families for fun on the snow, our Junior National athletes and coaches headed west to Utah's Soldier Hollow for some national competition. I am always so impressed with our skiers who get to this level, and the families that support their efforts. This is not an easy goal to attain.

April - November

Pretty poor skiing conditions for these months. Might as well spend them doing fundraisers for the club. We have the Bike Swap April 28th, the beer tent for the Ore to Shore race August 10 and 11, the Superior Shore Run in September and the Ski Swap in November. Please consider volunteering if you don't already (can't ski anyway), and thank you to the many volunteers, families, coaches and skiers who make our club the vibrant ski community it is. It's a great way to make a difference in this world.

-Kathy Wright, President

Thank you to the following individuals for donations to the ski club: Jim and Barb Kidder , Carol Fulsher , Claire and Mike Twohy, Aarna Tripathi and Siggi Johnson.



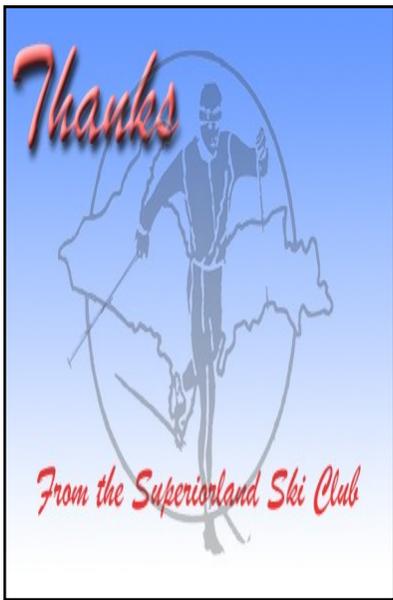
Mark your calendars!

Saturday, April 28th: Bike and Kayak Swap
Lakeview Arena 9:30-1:00 p.m.

Friday & Saturday, August 10 & 11: Ore to Shore

Saturday, September 15th: Lake Superior Shore Run

The Superiorland Ski Club Board meets the second Monday of every month from 7- 9 pm at the Peter White Public Library. The public is invited!



Our Mission:

To provide Marquette's ski community a chance to work together for the betterment of trails and facilities and to help provide and support youth and adult skiing in the area.

Junior Race Team Recap

Another large team was rostered for the SSC junior race team this year. 28 High School, and two Middle School athletes in total competed this year under head coach Joey Graci. Assistants Kyle Rambo and Dan Wiitala also continued their help with the team.

We continued our Marquette County Cup Race Series with the Ishpeming Ski Club. Sophomore Ericka Asmus went undefeated in the five race series, while Nate Garwood, Luke Rambo, Julien Malherbe, and Aleut Hatfield all battled to exchange top spots as they swept the podium in each race.

Our racing season started at the Houghton Super JNQ with 13 racers on early season snow. We continued on to The Mesabi East Invite bringing a full roster of 20 to compete against 1000 of Minnesota's best high school skiers. We had 28 racers in this year's Jr. Noque. The boys went 1-2-3, and Asmus took the girls title. In Saturdays 12K, Garwood and Malherbe were first and second, respectively, in a sprint finish, separated by less than 1/10th of a second. We hosted the Super Bowl JNQ again this year at Al Quaal. It was another great chance to gain USSA points and race against some serious competition.

We brought a team of 22 to this year's State Championship Race in Houghton. While almost every one of our skiers raced their best results of the year in the opening classic race, we ran into some extremely tough competition in the skate pursuit, and were crowned the State Runners Up. Ericka Asmus won the opener and was crowned the State Champion in the classic race, while in the sprints, the boys qualified for 6 of the top twelve in the final heats.

Jr. Race Team continued page 4



Jr. Race Team cont.

Three of our athletes qualified for this years XC Junior National Championships in Soldier Hollow. Ericka Asmus, Julien Malherbe, and Nate Garwood represented the Great Lakes Division with 15 other High School and College skiers from throughout Michigan. They raced four races over the course of five days at the Olympic complex from the 2002 Winter Olympics. While the mountain air, or lack of, affected us a bit, everyone raced hard against the nations best juniors. Asmus was again our stand out racer, taking 15th overall in the sprints, and finishing top ten in the relay, racing up as a U-20.

We will only be losing two seniors this year, Isabel Carr and Luke Rambo. We are still a young team on the rise and have some great things to look forward to in the future!

-Steve Carr, SSC XC Race Team Coach



2017-18 MSHS Race Team

This years team awards went to:

Most Improved:

Emma Stahl

Rubin Hatfield

Most Valuable Skier:

Ericka Asmus

Nate Garwood

Coaches Award:

Isabelle Carr

Luke Rambo

Ishpeming Ski Club Nordic Ski Team

The Ishpeming Ski Club (ISC) Nordic Ski Team is composed of high school, middle school and younger skiers from Negaunee, Ishpeming, Marquette, Westwood, and Big Bay. Skiers train and compete in their choice of ski jumping, cross country, or Nordic Combined (both ski jumping and cross country).

The 2017-2018 season, the third ski season for the ISC Nordic Ski Team, was notable for several reasons. Many of our young ISC skiers broadened their horizons and skied in out-of-town competitions (see below), in addition to competing in local events. Competition with peers from elsewhere in the upper Midwest tends to help encourage and improve the level of local competition. ISC skiers competed in the following:



December 2017: ISC skiers competed in a Junior National Qualifier (JNQ) cross country ski race in Houghton, and a JNQ ski jumping tournament in St. Paul, MN.

January 2018: ISC skiers competed in a cross country JNQ event in Cable, Wisconsin, and a ski jumping JNQ event in Eau Claire, WI (three January JNQ events for jumping and Nordic combined (NC) were canceled due to lack of snow).

February 2018: ISC cross country skiers competed in a JNQ at Al Quaal, and ski jumpers and NC skiers competed in sanctioned Central Division youth ski jumping and Nordic combined events at our own Suicide Bowl, Iola, WI, Coleraine, MN, and Cameron, MN.

March 2018: A group of four ISC skiers headed to Canada in early March and competed in the Sleeping Giant Loppet races held in Thunder Bay, Ontario; three of the four young skiers competed in their first 20km cross country ski race. A week later these skiers, plus several other ISC skiers, competed in the Great Bear Chase Ski Marathon races in Calumet.

Four young ISC ski jumpers (U12 and U10 girls), under the guidance of ski jumping coach Gary Rasmussen, have taken the Central Division ski jumping circuit by storm this past season, making it onto the podium for K25 (or smaller) competitions at every ski jumping tournament they entered. The ISC Youth Ski Jumping Program currently has a dozen committed young female and male skiers training several times a week on the K13 and K25 hills at Suicide Bowl. The ISC Youth Cross Country Ski Program consistently had fielded 20 to 25 skiers weekly to ski under the lights at Suicide Bowl; four of these young cross country skiers are ready to make the jump to the ISC Nordic Ski Team next season.



Likewise, the ISC was proud to have Timothy Ziegler named to the 2018 Central Division Nordic Combined Junior National Ski Team in early February. He traveled to Anchorage, AK in late February and competed in Junior Nationals in ski jumping and Nordic combined events, placing 8th in the individual Nordic combined.

The ISC is excited for the future of skiing in Marquette County. Enthusiasm and energy levels are clearly building around the ISC Youth Cross Country and Ski Jumping Programs. The ISC continues to re-open existing cross country ski trails as part of the Norman Juhola Trail System at Suicide Bowl. We plan to have our K60 hill back online and ready for the 2018-19 winter ski season; with the K60 open we can offer sanctioned ski jumping and NC events for all ages. We are also currently making improvements to our ski hill preparation and grooming, and cross country ski trail grooming capabilities.

After we all get our final chance to ski on snow this season, we will just have to keep in mind that skiers are made in the summer.

-Dick Ziegler, ISC XC Ski Coach

Prep Team

We wrapped up the 2017-2018 Ski season a few weeks ago. I'm proud of the accomplishments made by each skier on our team this year. The focus of the Superiorland Ski Club Prep Team has always been to help skiers improve their skills, regardless of ability or experience.

This year we had 15 skiers on the roster. We started with dryland training in November before moving to snow a few weeks later. We held ski practice twice a week as in the past. The main emphasis of each practice was to have fun and learn efficient ski technique. Learning to ski efficiently at a young age is ideal. We also tried to mix things up with some fun games this year including nerf gun biathlon.

Skiers had many opportunities to compete this season as well. For the 4th year in a row, the SSC club in partnership with the ISC club put on the Marquette County Cup race series. The low key race series consisted of 5 races that were held at various venues in Ishpeming and Marquette. The last race included a ski terrain park as well. This series was a fun way to become comfortable racing in a relaxed atmosphere. SSC skiers also skied in this year's Junior Noquemenon. Overall, it was great to see so many young skiers enjoying competing and doing well.

I would like to thank all the skiers coaches and parents for being a part of SSC youth skiing. I hope many of you can return next year. If you are interested in being part of the Prep Team next season, I encourage you to consider joining. Also, if you have passion for working with kids, we are seeking additional coaches for next year.

-Mikael Kilpela, Prep Team Coach

SSC Needs Your Help!

Let's face it - SSC runs on its volunteers. If you have a passion for cross country skiing, and a bit of time, energy and skills to give, we have a place for you in the coming year. Please consider volunteering for one of the following openings:

- 2017 Shore Run (aid stations, trail, registrations, awards)
- Ski and Bike Swaps (check-in, check-out, sales)
- O2S Beer Tent (set-up, sales)
- Please contact Debby at debby@northjacksonco.com for more info.

Like Superiorland Ski Club on Facebook for Updates on Events, Results and Practice



Superiorland Ski Cats

Ski Cats recently finished up another successful season. Like last year we had over 60 participants many of whom were returning from previous years. This is a great sign that kids are having fun on skis and enjoying the program. Along with the kids there were several parents that would tag along with the groups and pick up a few skiing tips for themselves. It's great to see all the budding skiing families out on the trail developing an interest in a lifelong sport that really makes winter here something to embrace and look forward to rather than dreading its arrival.

Like in years past we played a lot of games, had a few relay races, sent it off The Jump, and really tried to work on improving the kids skiing skills. The most rewarding thing for me is to see the kids' progress since I began working with the program. The returning skiers have improved from not being able to stand and glide to being able to tackle even the most challenging loops at the trails. It's also great to see the new participants return week after week excited to get out there. I even caught several of them out at the trails between sessions having a blast.



A big thank you goes out to all of our parent volunteers and coaches. We had coaches, snack volunteers, help with clean-up, and organizational help. Without them we would have a hard time keeping the kids engaged and returning for more. If you see them, say "Thanks", they make it happen. Before you know it we will be ramping up again for next winter again.

-Steve Kuhl, Ski Cats Coach

Bike Swap

The annual SSC Bike Swap is Saturday, **April 28th** at the Lakeview Arena. All proceeds from the swap benefit the youth ski program. Bikes are needed; go through your garage or clean out your shed and bring in those bikes for us to sell.

9:30 – 10:45am Equipment drop off

If you are a ski club member you have early entrance to the sale at 10:45am

Schedule:

9:30 – 10:45am

Equipment drop off

10:45am

Member Entrance

11:00am-12:30pm

General Sale

12:30 – 1:00pm

Equipment Pick up



Thank you Superiorland Coaches!

Without coaches we couldn't run our youth programs. SSC would like to recognize the coaches for their efforts for this year's teams:

Marquette High School/Junior Racing Team:

Joey Graci – Head Coach

Kyle Rambo – Volunteer Coach

Steve Carr– Volunteer Coach

Dan Wiitala– Volunteer Coach

Ishpeming High School:

Dick Ziegler– Head Coach

Gary Rasmussen– Head Jumping Coach

Matt Palomaki– Volunteer Coach

Susy Ziegler– Volunteer Coach

Ski Cats:

Steve Kuhl – Volunteer Head Coach/Coordinator

Volunteer Coaches/Assistants– Melissa Polkinghorn, Mike Sadler, Chris Koren, Chris Cantway, June Link, Angela Palomaki, Chris Coxon and Gabrielle Hansen (SSC Race Team Alumni).

Prep Team:

Mik Kilpela – Volunteer Head Coach

John Mcfadden –Volunteer Coach

Vicky Asmus– Volunteer Coach

John Bruggink– Volunteer Coach

Thank you Kiwanis Club of Marquette for your grant to the Superiorland youth programs.



Erika Asmus representing the Great Lakes Division at the Junior National Championship



www.superiorlandskiclub.com

Fun ° Fitness ° Friendship

Blueberry Warming Hut Update

“Great hut and so much fun on the trail today for 2 people that just moved up from Alabama! Glad to be in the north again on snow”.

“Beautiful warming hut! Great trails! Thanks for a fun ski!”

“Date night! Thank you for this great place! Love the wood burning stove and the country benches. Forgot how fun XC skiing is!”

These are just a few examples of the nice comments left in the Blueberry Warming Hut log. It's wonderful to read and hear all the positive comments about the Blueberry Warming Hut and how it can enhance your ski experience. Skiers have gathered for a moon light ski and pot luck, young skiers getting warm after a family ski, ski classes and lessons taking place, groups and friends having a place to meet, chat, change and warm up during their ski outing.

This would not be possible without the volunteers that have help keep the hut cleaned, supplies stocked, entry way shoveled, garbage taken out, bird feeders filled, the wood pile stocked and general maintenance. Thank you to the mighty volunteers: Jim and Laura Ferris, Ron Tervo, Audrey and Larry Johnson, Greg Nelson, Deb Ahlstedt, Claire and Mike Twohey, Pam and Sten Fjeldheim, Debby Muskovitch, Roger Harbin and Dan York. A few additions this year is the beautiful sign on the front of the hut, the drinking fountain and water filling station- (Thanks to the help of Mike Potts), and the rustic table and benches. This year we have also put donation envelopes in the hut. Please consider a donation to help keep the lights and heat on. If you would like to volunteer with the hut please let us know by contacting anyone of the ski club board members.

Even though the calendar says spring will be here soon...we have plenty of snow to enjoy a nice spring ski. See you on the trails!

-Friends of Blueberry



The SSC Board is looking for new members. The board meets the second Monday of the month at Peter White Library. If you are interested in giving back to the club or getting more involved please email Kay Rambo at kkrambo@msu.com or Deb Muskovitch at debby@northjacksonco.com

25th Annual Xterra Lake Superior Shore Run, September 15, 2018

My first experience with The Lake Superior Shore Run was as a volunteer. Our family along with other families, whose children were involved in the Club's Ski Cat Program, staffed the Harlow Lake Aide Station. That first experience was a good one. We enjoyed handing out water and energy drinks and cheering on the runners. Afterwards, our children ran in the 1km kids race and then we had a picnic and swim at Little Presque.

In later years my husband Dan and I took on leadership roles in planning and organizing the run. The Lake Superior Shore Run, affectionately known as the Shore Run, is the club's biggest fundraiser for the club's youth programs. But even more than that, it has evolved to become the leading event for trail runs in the Upper Peninsula. It is the oldest trail run in the Upper Peninsula and in Marquette County going into its 24th year! This longtime favorite brings runners and families and now hikers back year after year.

The Shore Run has become the unofficial kick off of fall here in the UP (although sometimes it is perfect late summer weather) and it is a coming together of like-minded folks who want to embrace our beautiful parks and trail system and get healthy and stay healthy. No one exemplifies this better than long-time participant Jim Hagerl, who is our featured runner from Duluth Minnesota. Jim has participated in the Shore Run multiple times and he has an extraordinary story to tell.

I first met Jim last year when he was picking up his registration packet and later that weekend his father-in-law sent us pictures he had taken of Shore Run runners. He shared Jim's story of resilience and perseverance and put us in contact with him for this interview. We hope Jim's journey inspires you as it does us.

My wife and I both attended NMU starting in the late 90's. I transferred from Lake Superior State and am originally from the Mackinaw City area. My wife Jessica is originally from the St. Cloud MN area. The Marquette area has always been a special place for us. After moving to Vermont and now living in the Duluth, MN area following graduation from NMU, we always find reasons to visit the area. I started running a number of years ago and the Shore Run helped me get into trail running! It was part of homecoming and took place on trails I was familiar with from my time in Marquette, it was a perfect match.

Both my wife and I work in children's mental health. I have a teaching degree and Jess has a criminal justice degree both from NMU.

2. Your father-in-law, said this year was the first time you completed the Shore Run since your diagnosis of the Glioblastoma. Could you please expand on this and tell us a little about this condition? Also, you mentioned that you have been running this event since 2012—Yay! Why do you like this event?

The Lake Superior Shore run is amazing in its terrain and views! I started running it when my wife and I moved to the Duluth area and it became a drivable distance. I had Family members living in Marquette so it was a good excuse to see them and run a great race! Marquette is such a fun town to visit and has an outdoor vibe along with good places to drink and eat, how could I resist? I started running the Lake Superior Shore Run at the 5K distance, then went on to run as a part of a relay team, and finally started to run the half marathon distance. This past year I even was able to introduce my friend to trail running and the half marathon distance for the first time at the Shore Run! He had a blast!

Shore Run continued on page 11



Interview with Jim Hagerl

(Continued from page 11)

As I look back, the 2016 race was a run that I realized something was wrong with my vision. I was tripping on the technical parts of the course where I had no previous trouble in past years. That prompted me to get an eye exam and that is how I was diagnosed with brain cancer. Glioblastoma multiforme is a terminal brain cancer that creates tumors in the brain. Depending on where the tumors metastasize impacts what my symptoms are. My initial symptoms were vision problems where I could not see very well in my lower left quadrant of my sight. It is the same diagnosis that John McCain has.

3. How difficult has it been to keep up with your running and training? I think a lot of folks would stop running or scale back while battling an illness. Why haven't you? We believe this is incredible that you have the perseverance and dedication it takes to train for a trail run such as ours, especially while going through what you have been. Please give us a window into this and what makes you able to run on?

Sometimes, it is hard to get out the door based on extreme fatigue and medication side effects. I have scaled back my running, but my running club in Cloquet, Minnesota has rallied around me and supported me in every facet of my life. They motivate me to get out the door and put on a few miles!

Running is something that I find helps me clear my mind and also helps my physical health while fighting this nasty terminal diagnosis of glioblastoma multiforme brain cancer. I am driven by my desire to not let this diagnosis define me and control my ability to do things such as run. Technical trail running is definitely a challenge now but that means I will just enjoy it more when I get to run the trails (at a slower pace).

4. What inspires you?

I think that I am inspired by the feeling I get after good run. Not to mention every day I run means I didn't let the cancer win that day.

I'm also inspired by the camaraderie and friendliness of runners! It is amazing how people come together to participate in a sport that is hard and have smiles on their faces and high-fiving people when they are done. I am also inspired by my friends in my running club. Spending time with them on a run is something I never want to give up.

My wife, Jessica is a huge support for me and encourages me to keep running through treatments and difficulties associated with my cancer. She cheers me on at races and motivates me to do more in life. She's everything to me and I don't think I could do this without her.

5. Where do you work and what do you do there?

I am a program coordinator with Northwood Children's Services in Duluth, Minnesota. I coordinate services and teach skill groups to children with mental health diagnoses.

6. What are your hobbies/pastimes? Do you have any favorite books that you draw from for motivation? I

would have to say my hobbies are running, hiking, hunting and fishing, and generally being outdoors.

While I was going through brain surgeries I read, *My Marathon*, by Frank Shorter, which motivated me to want to run as soon as I could following my surgeries.

Thanks to Jim for taking the time to be interviewed and sharing his story. It is one that inspires and makes us realize what is important in life. His love of the outdoors and support he feels with the community is uplifting. It inspires volunteers like us to continue what we are doing and in embracing the beauty in nature which we are so fortunate to live near. Thanks to Jim for sharing his story with us. Please consider getting involved with The Shore Run. Become a participant or volunteer!

The Superiorland Ski Club has recently updated the website to allow its members to stay informed of the latest club information. The site is updated regularly with results, pictures, calendar of events, club functions, and information on youth programs. Check it all out at www.superiorlandskiclub.com.

Shore Run Cont.

The following are pictures from the 2017 Shore Run. Please join us for his years race on September 15, 2018.



Annual Ski Club Awards



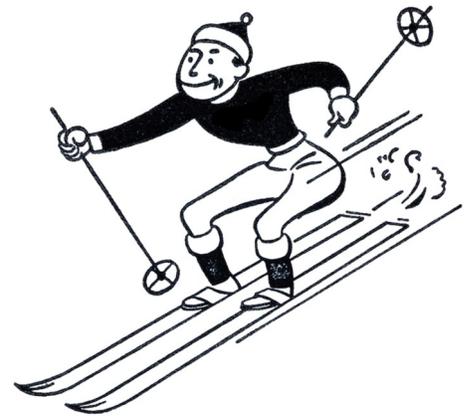
2017: Lifetime Achievement awardee: Kathy Wright



2017 Volunteers of the year awardees: Kyle and Kay Rambo

Junior Noquemanon Results

We had a great turnout for the Jr. Noque this year - over 150 skiers from across Michigan and Wisconsin. Our volunteers kept the event humming, and our Superiorland skiers took many of the top bells, including Ericka Asmus and Luke Rambo, who each took first! In all, SSC took home 6 of the top 10 places. Way to go, Marquette! This is a great way for our youth to "get their feet wet" in the world of ski racing. Thank you to all who helped, please mark your calendars for next year - you will be needed again **January 25, 2019**.



Jr. Noquemanon Mens 5km Race winners 1. Luke Rambo 2. Nathan Garwood 3. Julien Malherbe

Bikes Wanted
9:30am Drop-Off

BIKE & KAYAK SWAP

Saturday, April 28 • Lakeview Arena



Equipment Drop off: 9:30-10:45
Ski Club Members' Only Sale: 10:45-11:00
General Public Sale
11:00-12:30 p.m.
Pickup: 12:30-1:00 p.m.

Bring your bikes, kayaks and related equipment and let us sell them for you. A commission will be charged (10% on a single item over \$500, 20% for single items below \$500) All profits will support Youth Ski Programs. For additional information call 362-4463.

Superiorland Ski Club



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Fun ° Fitness ° Friendship