

Superiorland Ski Club

Our 20th Anniversary!



www.superiorlandskiclub.com

From the President:

2012-2013

Board of Directors

Tom Wagner,
President
wagnert60@gmail.com

Dan Wiitala,
Vice President
dwiitala@northjacksonco.com

Pam Fjeldheim,
Secretary
pamfjeldheim@hotmail.com

Debby Muskovitch,
Treasurer
debby@northjacksonco.com

Megan Dixon
dixonmegan@hotmail.com

Ingrid Fjeldheim
ifjeldhe@gmail.com

Sten Fjeldheim
sfjeldhe@nmu.edu

Jill Zueger
zuegerj@yahoo.com

Doug Kozeluh
dwkozuluh@gmail.com

Jane Jacobson
ajacobson11@charter.net

Mark Jacobson
ajacobson11@charter.net

Mikael Kilpela
m_kilpela@yahoo.com

Claire Twohey
cps2e@aim.com

Anjila Holland
anjilanicole@gmail.com

The Superiorland Ski Club is 20 years old this year!

I had no idea this was the case until people started talking about it at our ski club board meetings. In one sense- a practical sense, 20 years seems about right. Many of us who first met to form the ski club had young children at the time, and a major impetus for organizing as a club was to grow the opportunities for children and families to learn to ski, enjoy skiing together, and provide coaching and support for junior ski racers. However, in a larger sense 20 years seems to be a short time to fit in all the club members' great times and accomplishments. There are so many I'm leaving out, but here's a short list of some of my own memories:

- Hundreds of kids learning to ski in our Ski Cats program
- Our high school racing team competing every year at Giants Ridge, Minnesota at the largest high school cross country ski race in the nation
- Numerous Superiorland skiers racing every year in the Junior Noque and Noque
- Working with Marquette Senior High School to make cross country skiing an official high school sport, funded by the ski club
- Superiorland junior racers qualifying for the Junior National Championships and competing against the best juniors in the country
- The club's annual Ski Swap, which connects equipment to individuals and families who want to ski together. It also gets good racing equipment to junior racers at affordable prices, giving many kids the opportunity to race.

As I remember what the club has done through the years, I am grateful for all the club members who have given their time and energy to the club's programs and events. Simply said, the club has made life better for the community, for my family, and for me personally.

So, your club membership counts and makes a difference! Your involvement in the club's programs counts and makes a difference! I would like to see an increase in our club's membership roster to mark our 20th anniversary, so get your membership renewal in now, and encourage your friends to join the ski club. As you'll read in the rest of this newsletter, there are numerous ways to support and participate in the club's activities. It's going to be another wonderful winter of skiing, and it'll be even better with your support of the Superiorland Ski Club!

—Tom Wagner, President

SSC Collecting Econo Foods Receipts

The Superiorland Ski Club is collecting Econo Foods receipts. The club will receive 1% of the receipt total. Please save your receipts to help fund youth skiing!

You can mail receipts to:
Superiorland Ski Club,
PO Box 864,
Marquette, MI 49855
or email Claire Twohey
cps2e@aol.com to arrange
drop-off.

Thank you, Econo Foods!
We appreciate your generous support for SSC!



**MSHS Nordic Race
Team Kick-off**

Thursday, October 25th at 7pm
MSHS Little Theater

Superiorland Ski Club Superiorland Ski Club Superiorland Ski Club

Prep Team Kick-off

Wednesday, November 7th
from 7-8pm at Bothwell

Questions: contact Coach Mikael Kilpela at
m_kilpela@yahoo.com

The Superiorland Ski Club meets at 7pm on the second Monday of every month at the Peter White Public Library (PWPL) in Marquette. The public is welcome!

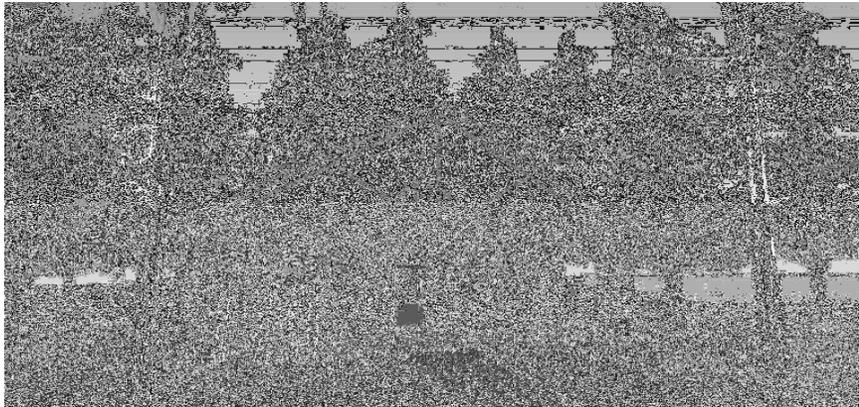
Our Mission: To provide Marquette's ski community a chance to work together for the betterment of trails and facilities and to help provide and support youth and adult skiing in the area.

Blueberry Ridge Warming Hut Update

The plans to build the warming hut at Blueberry Ridge Lighted Loop (south parking lot) are off to a good start. As many of our membership are aware, the Superiorland Ski Club is partnering with the DNR and Sands Township to accomplish this long awaited goal. Ongoing support from our community, state, and township is making this effort a dream come true!

Board members Pam Fjeldheim and Debby Muskovitch would like to acknowledge and express gratitude to Cliffs Natural Resources Foundation for providing the Blueberry Ridge Warming Hut Project with a \$40,000 grant. With this donation and with donations from many individuals, service organizations, and businesses we have received over \$62,000 in cash pledges and cash donations! Now our fundraising goal of \$200,000 is well within our reach, and we are hopeful in being able to break ground in spring 2013. A huge thank you is in order to all who have already contributed.

Please donate or assist us in reaching our financial goal. An envelope for donations is attached to this newsletter for your convenience in mailing in contributions. Working together with the community and area businesses, we can make this building happen. Please consider donating toward this endeavor. If you have already donated, please pass the word on, and this envelope on to someone who may be interested in supporting this project. The Blueberry Ridge Warming Hut will not only warm fingers and toes but will warm the hearts of the Marquette area community and its visitors for many generations!



The Blueberry Ridge Warming Hut is modeled after skiing facilities in our area: the Valley Spur building in Munising and the Nara Chalet in Houghton on Michigan Tech Trails. Our warming hut will promote universal design and green features.

Of final note, the DNR has made some nice changes and improvements at Blueberry which include expanding the south lighted loop parking lot, improving signage at both the crossroads north and south parking lots, and new vault toilets! We are very appreciative of these new and improved updates. The DNR has designated Blueberry as a park which will require a \$10 Recreation Passport this year. The Recreation Passport can be obtained by checking the renewal box on your vehicle license registration or by going to the Marquette DNR office. The Recreation Passport admits you to all Michigan State Parks and Recreation Areas and is quite a deal for only \$10. The fee pipes at Blueberry will still be present to accept donations which will go directly to Blueberry trail maintenance and grooming support. Please continue to support Blueberry!

2012 Lake Superior Shore Run

The cool, rainy first day of fall didn't dampen the enthusiasm of runners at the 18th annual Lake Superior Shore Run. 333 people registered for the half marathon, 5k and 1k kids' races, which benefited the Superi- orland Ski Club youth programs. The half marathon course, which included a new race section, was fun but challenging according to racers. "I've been around this event for the last 10 years and this year tops them all," said Dan Dehlin. "Packet pick-up was quick and easy. The race course was incredibly well marked. The aid station crews were great. The results were quick and the awards ceremony was fast and efficient."

Kjell-Christian Markset from Marquette, who took second last year, won the half marathon in 1:19:05. Daniel Dehlin from Marquette took second place in 1:21:34, and Kyle Bratrud from Eden Prairie, Minnesota ran the course in 1:22:32, taking third place. Marquette runner Lindsey Dehlin defended her 2011 title by coming back for a second victory on the half marathon course, finishing in 1:45:03. The second and third place winners were close, with Liz Dirkse and Gala Malherbe five seconds apart to claim their podium spots, finishing in 1:49:20 and 1:49:25, respectively.

In the 5k men's race Evan Fezatt of Negaunee claimed the top spot, coming in at 17:51. Blake Murray from Marquette took second in 18:00, with Joey Graci close behind in 18:26 for third place. Mary Kate Cirelli from Marquette won the 5k women's division in 18:00. She was followed by Jordyn Ross in 18:48 and Elizabeth Simak in 19:05 for second and third places.

Continued on page 5



Jim and Savannah Marietti from Ishpeming finishing 5k in 25:05



Men's 5k third place finisher and High School Coach Joey Graci

Photo credits: Dominic Davis

Ski Cats...

Learning the *FUN*damentals

The **Ski Cats** program is for beginner to intermediate skiers 5-10 years of age. The program will begin in January with six Sunday sessions focusing on fun while learning the basic fundamentals needed to become a cross-country skier. The **Ski Cats** program is a great way to introduce children to the sport of cross-country skiing and at the same time help parents get the support and knowledge needed to become a ski family. Fill out the enclosed registration form and mail it in. If you have any questions or want to volunteer your time please e-mail Pam at pamfjeldheim@hotmail.com.

—Pam Fjeldheim

Coordinator of the **Ski Cats** Program

Lake Superior Shore Run Continued from page 4

The Lake Superior Shore Run is the Superiorland Ski Club's largest annual fundraiser. Proceeds help with travel expenses to races, coaching, and ski rentals. Over 90 people volunteered this year: setting up the



**NMU athlete Rosie Frankowski,
6th in the women's 5k**

Photo credit: Dominic Davis

course, stuffing race bags, directing parking, and helping runners register, stay hydrated, on course, and replenished after the race. Thank you.

A big thank-you is extended to our 2012 sponsors: Upper Peninsula Health Group, Rio Tinto, CrossFit Marquette, Northern Michigan University, TV6, FOX UP, the Mining Journal, Superior Timing, Advanced Center for Orthopedics, Pride Printing, Marquette County Convention and Visitor's Bureau, Bell Hospital, Kohl's, Great Lakes Chiropractic Center, Marquette General Health System, North Jackson Company, Lower Harbor Family Dental, Iron Range Agency, Landmark Inn, Road I.D., Third Street Bagel, Huron Mountain Bakery, Econo Foods, Vango's, Johnson's Superior Shoes, Keweenaw Jam, Ringside Fitness, Sports Rack, Down Wind Sports, Donna Marlor Sports Nutrition, Marquette Food Co-op, Papa Murphy's, Casualties, Donkers, Getz's, Marquette Yoga Center, and Dead River Coffee. Your support helped us put on a great race. We couldn't do it without you.

—Jenifer Kilpela, Director
2012 Lake Superior Shore Run
JeniferKilpela@yahoo.com

Prep Team Ready to Go

The Prep Team is a great way for young skiers to get ready for the high school race team. This year we plan on having a lot of fun while working on developing a solid technique base, building strength and endurance, and learning how to race. We will be covering both the classic and freestyle techniques. For those who are looking for some competition there are opportunities for racing throughout the season. The team typically meets twice a week on Tuesdays and Thursdays. This year's team will continue to be coached by Dan Wiitala, Mikael Kilpela, and Doug Kozeluh. Come meet the coaches and other team members at the kickoff meeting on Wednesday, November 7th at Bothwell Middle School.

—Doug Kozeluh
Prep Team Coach
dwkozeluh@gmail.com

Celebrate SSC's 20th Anniversary in Style!

Superiorland Ski Club 20th Anniversary t-shirts are now for sale! They are custom designed from Yooper Shirts in Ishpeming. \$15 per t-shirt. Place your order today by calling Pam at 458-9127 or emailing her at:
pamfeldheim@hotmail.com



www.superiorlandskiclub.com

High School Team Training

The defending State Champion MSHS race team had another good summer of solid dryland training. Workouts included running, rollerskiing, bounding and plyometrics. We were lucky to have three departing seniors help us out this year. They included: four years straight State Champion Ellen Wiitala, Superiorland ski team legend Mike Mcfadden, and current Gustavus Adolphus team skier Eric Wagner. With many of our current team being seniors this year I recently asked Eric Wagner about his transition from high school to college level skiing.

Training Hard Pays Off

“Up, up, up!!! C’mon let’s go!” Anyone who has rollerskied up County Road 99 by St. Peter, Minnesota knows that southern Minnesota is not just flat cornfields. A long road snaking up the valley, 99 is a favorite of our coach’s for long intervals or a time trial. In addition, it is often a gateway to other roads, meaning it is usually part of longer distance workouts. Such rigorous and intense training may be too much for some college freshmen; however, I have been able to handle most of it. What has prepared me for this onslaught? In my opinion, my greatest preparation came from the training I did as part of the Superiorland Nordic Race Team.

Specifics aside, much of the training I do with the Gustavus Nordic Ski Team is similar to the training I have done with Superiorland. Though the hills may be steeper, the times faster, and the workouts longer, much of what I have been doing in college seems familiar. The hill bounding, rollerski specific strength, and intervals I have known from training with Superiorland are used in college ski training also. The coaches and team of Superiorland have helped lift me up to my current level of fitness, and have helped prepare me for the difficulty of collegiate skiing.

Transitioning to a college varsity level of training has been, by no means, an easy task. I’ve had my fair share of getting dropped off the pace, working way too hard on what is supposed to be an easy run, and sometimes just not feeling fit enough. Thanks to the support and preparation of both Superiorland and Gustavus however, I feel confident in my ability to compete at the college level. I believe the preparation I received as part of Superiorland has contributed to my past success, and feel it will be a factor in my future successes as well.



-Joey Graci, High School Team Coach
and Eric Wagner, Gustavus Adolphus Skier

The Superiorland Ski Club regularly updates its website to allow its members to stay informed of the latest club information. Visit the site for results, pictures, calendar of events, club functions, and information on youth programs. View and order your club race suits and anniversary t-shirts too.

Check it all out at www.superiorlandskiclub.com.

New SSC Ski Suits

- Adult suits made from Swiss eyed mesh fabric with pro cut gussets for optimal fit and function.
- Junior suits made from Italian Tobago performance fabric.
- Adult suits are \$150.00, and junior suits are \$100.00 + tax.
- Suits will be available for you to try on at the Superiorland Ski Club Ski Swap on November 10 at the Holiday Inn.



3DDESIGN
APPROVAL

ID: MI.SUPERIOR
 CSR: MARK
 DATE: 9.14.12

PRO XC SUIT

Thank you for choosing Mt.Borah for your custom team apparel. The below images represent your design. Please review carefully and inform your CSR if any adjustments need to be made. If no changes are necessary, your CSR will send the approval form via **EchoSign** for you to electronically sign.



Before approving, please zoom in and carefully review the design elements, logo placements, and spelling!

Legal notice for artwork - It is **illegal** to use Copyrighted or Trademarked material without written consent of the registered owner. By signing off on this approval, you guarantee that you have written permission for the use of such artwork, and that you will be responsible for any and all reprimands that could occur for unauthorized use of such materials. By signing this form, you are giving Mt.Borah the approval to manufacture your custom design.

Color notice - The color output on fabric will be slightly different than what is represented on your computer screen. To better assist you with the color approval process, we will send out fabric color swatches of your design so you can verify that the colors are accurate. *(Rush orders may require that your color swatch be waived)*


 130 Jack Berg Ln, Coon Valley, WI 54623
 Phone - 908.354.2825 or 908.482.2138
 Fax - 908.452.2138
 info@mtborah.com

MTBORAH.COM

Sizes: Junior: small, medium, large, x-large OR adult: small, medium, large, x-large

To order: Indicate suit size, name and address, email address, contact phone number, and check payment to:
 Superiorland Ski Club, P.O. Box 864, Marquette Michigan, 49855.
 Questions...email Ingrid at ifjeldhe@gmail.com

Junior Racing

MSHS/SSC Junior Nordic Racing Team 2012-2013 Schedule				MSHS	SSC - JO	SSC - Prep
Date	Day	Event	Location			
October-12						
23-Oct	Tuesday	Downwind Sports SSC Night	Marquette	x	x	x
25-Oct	Thursday	MSHS Nordic Info Meeting	MSHS Little Theatre	x		
November-12						
5-Nov	Monday	Start Dryland/Rollerski Training	varies	x	x	
7-Nov	Wednesday	SSC Prep Team Info Meeting	Bothwell MS, Marquette			x
10-Nov	Saturday	SSC Ski Swap	Holiday Inn, Marquette	x	x	x
13-Nov	Tuesday	Sports Rack Club Night	Marquette	x	x	x
28-Nov	Wednesday	Mandatory Team/Parent Meeting	MSHS	x	x	
December-12						
8-Dec	Saturday	USSA Season Opener*	Ironwood, Mich.	x	x	x
9-Dec	Sunday	USSA Season Opener*	Ironwood, Mich.	x	x	x
15-Dec	Saturday	MTU Opener	Houghton, Mich	x	x	x
16-Dec	Sunday	MTU Opener	Houghton, Mich	x	x	x
27-Dec	Thursday	SSC Holiday Ski Camp	Marquette	x	x	x
28-Dec	Friday	SSC Holiday Ski Camp	Marquette	x	x	x
January-13						
2-Jan	Wednesday	US Nationals	Midway, UT			
6-Jan	Sunday	US Nationals	Midway, UT			
12-Jan	Saturday	Giants Ridge Invite	Biwabik MN	x	x	
19-Jan	Saturday	Central SuperTour*	St Paul, MN		x	
20-Jan	Sunday	Central SuperTour*	St Paul, MN		x	
25-Jan	Friday	JR Noque	Marquette, MI	x		x
26-Jan	Saturday	Noquemanon Ski Marathon	Marquette, MI	x		x
February-13						
15-Feb	Friday	MI State HS Championships	Marquette/Ishpeming	x	x	
16-Feb	Saturday	MI State HS Championships	Marquette/Ishpeming	x	x	
22-Feb	Friday	Jr. Birkie***	Cable/Hayward, WI	x		x
23-Feb	Saturday	American Birkebeiner***	Cable/Hayward, WI	x		x
March-13						
9-Mar	Saturday	Great Bear Chase/Jr Bear***	Calument, MI	x		x
11-Mar	Sunday	US Junior Nationals	Fairbanks, AK		x	
16-Mar	Saturday	US Junior Nationals	Fairbanks, AK		x	
* Junior Olympic National Qualifying Event						
x Mandatory Event						

Superiorland Ski Club



PO Box 864
Marquette, MI 49855
www.superiorlandskiclub.com
Fun ° Fitness ° Friendship

Superiorland Ski Club Ski Swap

Presented by the Superiorland
Ski Club

Saturday, November 10, 2012

Sell your used Nordic ski gear

Buy "new to you" equipment

9-11am: Drop Off

11:15am: Early Entrance for ski club
members only!

11:30-1:30pm: General Public Sale

1:30pm-2:30pm: Pick up of unsold
equipment

Location: Holiday Inn in
Marquette, MI

20% Sales Commission to Superior-
land Ski Club with all proceeds ben-
efiting Ski Club Youth Programs

For more information call Tom
at 361-8460

Become a ski club member!
www.superiorlandskiclub.com