

Superiorland Ski Club

Our 20th Anniversary!



www.superiorlandskiclub.com

From the President:

Alumni

2012-2013

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One of the especially joyful things I've noticed this winter in the local ski community is seeing young Superiorland Ski Club skiers lending their time and talent to running our programs. A wonderful benefit of celebrating the ski club's 20th anniversary this year is that the first groups of kids who learned to ski in the club's Ski Cats program and raced on the club's racing team as juniors are now young adults. Some of them have stepped up this ski season to share their skill and enthusiasm with the youth of our club.

Both Tom McFadden and Kirsten Fjeldheim were Ski Cats and raced on the club's junior racing team before Marquette Senior High School's Nordic Ski Team was in existence. This winter Kirsten and Tom were assistant coaches for the High School Racing Team, and their knowledge and enthusiasm for the sport were important to our high school skiers' success and development as skiers.

Kirsten also helped coach younger skiers in the Ski Cats program along with her brother Stig, another Ski Cat alumnus and successful junior racer and ski jumper. I've also seen and heard about Stig putting in a lot of hours grooming the Blueberry Ridge ski trails, providing us with a super place to ski.

Ingrid Fjeldheim was also a Ski Cat in the first years of the Superiorland Ski Club, and went on to have a very successful college ski racing career at NMU. During the last couple of years Ingrid has put a great amount of time into the Ski Club. She has served with enthusiasm on the Ski Club Board, coached in the Ski Cats program, designed the new club ski suits, been in charge of updating the club's website, helped with adult programming, volunteered for both the ski and bike swaps, and worked on the Lake Superior Shore Run race committee. (Whew! She did all this while assistant coaching the NMU ski team.)

Joey Graci participated in both Ski Cats and the junior racing team in its early years. He is head coach for the High School Racing Team. His coaching skills and hard work have been critical to individual skiers' achievements as well as the team's growth and success.

I want to thank these young club members for their work in keeping the club's programs growing. We're proud of you and appreciate you. Way to give back to the Superiorland Ski Club!

—Tom Wagner, Club President

MSHS Nordic Ski Team Fundraiser at Econo Foods

Smiling team members, parents, and siblings packaged groceries at Econo Foods on Saturday, March 2, 2013. The team took in over \$550 in cash donations and \$182 in receipts. Econo's We Share program awards participating organizations 1% of store receipts collected. Please save your receipts to help fund youth skiing!

You can mail receipts to the Superiorland Ski Club, P.O. Box 864, Marquette, MI 49855, or e-mail Claire Twohey at cps2e@aol.com to arrange drop-off. Thank you Econo Foods for your generous community support!



Mark your calendars for:

April 27 Saturday, Bike and Kayak Swap, 10 am -1 pm drop off,

Ski Club Members' Only Sale 1-1:15 pm

1:15 pm-3 pm General Public Sale

3-3:30 pm Pick up

Marquette National Guard Armory, 1820 Lincoln Ave., Marquette

May 14 Tuesday, 20th Year Anniversary Banquet

Ore Dock Brewing Company

5:30– 8 pm, upstairs

Sept. 21 Saturday, 19th Annual XTERRA Lake Superior Shore Run

Trail Run, Little Presque Isle

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 Update

One of Michigan's most varied and picturesque trail systems lies in the red and jack pine forests only a few minutes south of the Upper Peninsula's largest city of Marquette. It has large hills for advanced skiers and flats for beginners, with plenty of scenery to please everyone, including a 1.7 mile long trail that's lighted every night of the season. The trail consists of 12 miles (21 km) of regularly groomed trails, with seven loops of varying difficulty. The northern trails are reserved for classic skiing, and are eight feet wide and double tracked. The southern trails are groomed sixteen feet wide for skate skiing and also have a single track set for classic skiers.

Blueberry Ridge is not your average ski pathway. Here, a snowmobile pulling a four foot drag behind it is not sufficient for grooming. The Parks and Recreation Division of the DNR has put together a customized grooming rig with an attached nine foot wide Ginzu groomer. We are committed to improving your recreational experience every year.

Two new entrance signs along the road welcome you to the newly expanded parking lots. At the trail heads you will find newly installed vault toilets, an informational kiosk, and a donation pipe. The state Recreation Passport (\$11) is required, and donations are accepted and appreciated. Your donations will be put back into your Blueberry Ridge Pathway. By purchasing the Recreation Passport when you renew your license plate registration you'll not only be able to ski at Blueberry Ridge, but you'll gain entrance to state parks, recreation areas, state forest campgrounds, non-motorized trails, boat launches, and hundreds of Passport Perks shopping discounts around the state. (Visit http://www.michigan.gov/dnr/0,1607,7-153-10365_55798_56742--,00.html for Passport Perks. You'll also support historic and cultural sites in state parks, and grants for neighborhood parks. (See <http://www.michigan.gov/dnr/0,4570,7-153-58225--,00.html> for more information.)

We appreciate the Superiorland Ski Club's great strides toward the construction of a warming shelter near the lighted parking lot. Have you seen the sign with the artist rendition of the hut? It's awesome! The DNR supports this project and values the community support and stewardship of Blueberry Ridge Pathways. We will continue to support Superiorland Ski Club's goal of building the hut and the partnerships with grant applications. Follow us on Twitter at BBRinMQT for updates, or on the Blueberry Ridge web page at <http://www.michigandnr.com/parksandtrails/Details.aspx?id=88&type=SFPW>.



Adventure Club Skiers

The Adventure Club averaged 4-5 kids per week this year. We started out with a good game of Wolves and Deer at Forestville. Our second week was cancelled due to lack of snow. The next week at Negaunee Township had too much snow, and we had to move to Forestville again. Our trip to Valley Spur brought us the best snow of the year. When we were at Harlow Lake we learned about ice safety and how to prepare to take a back country ski properly. We wrapped up the year with our longest day of skiing from 510 to Forestville.

-Jim Argeropoulos

Wednesday Winter Workouts

Another winter has come and almost gone, thanks to the late season snow. This winter, we put our creative nordic minds together and thought that, instead of our typical relay races, we would try something a little different. Usually everyone wants to be able to ski a bit faster than the year before. Skiing hard intervals is one way to improve your ability to ski faster, but they're usually not very fun to complete by yourself. Although the turnouts were light, the skiers were able to select from several group interval training workouts. The Fit Strip provided a terrific venue for these types of workouts. Stay tuned to find out what is planned for next year.

-Greg Nelson

Thank you MSHS Booster Club!

A big thank you goes out to the MSHS Booster Club for awarding the Nordic Ski Team \$500 for timing expenses for the Michigan State High School Cross Country Ski Championships at Al Quaal Recreational Area in Ishpeming, MI on February 16 & 17, 2013. The event was top notch, with great trail conditions and sunny skies. The MSHS Boys' team came in first, and the Girls' team placed second.

The Superiorland Ski Club has recently updated the website to allow its members to stay informed on the latest club information. The site is updated regularly with results, pictures, calendar of events, club functions, and information on youth programs. The club will have suits available for purchase this spring; the design will be posted online within the month. Check it all out at www.superiorlandskiclub.com.

Ski Cats...learning the FUNdamentals

Skiing, smiles, donut holes, hot chocolate, snow, games, and friends sum up the Ski Cats program this past season. The Ski Cats program had 40 young skiers divided into groups depending on their ages and abilities before skiing off with their coaches for fun ski adventures. Working on technique while skiing down the trail, playing soccer on one ski, fun relays, and other games were a few ways the young skiers developed the love and skills needed for enjoying the sport of cross country skiing.

A huge thank you goes out to all the coaches and parents who helped make Ski Cats a success this past ski season. The coaches were either a parent of a ski cat, young adults who wanted to give back to the Superiorland Ski Club, or individuals who just enjoy teaching kids how to ski. The coaches were Stig Fjeldheim, Samantha Hamler, Steve Kuhl, Andrew Grosvenor, Tom Asmus, John Bruggink, Jimmy, Jenny and Jim Gallagher, Kirsten Fjeldheim, Malin Erickson, and Jenny Cihak.

The Superiorland Ski Club was happy to accommodate all families in need of ski rentals this year. The rental program is one way the SSC helps promote skiing in our community; purchasing ski equipment for the youth programs is a great reason to support and get involved with the SSC fundraisers.

Promoting youth skiing is what the club is all about. If you would like to become involved with the Ski Cats program, just give me a call. Next year the format will stay the same, with six sessions starting in January 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 it helps parents gain the support and knowledge needed to become a ski family.

-Pam Fjeldheim
Ski Cats Coordinator



SSC Prep Team Season In Review

It was another encouraging year for the SSC Prep Team. Twenty-nine youth signed up for the program. We started the season with dryland training sessions at the Fit Strip in mid November. As snow arrived the team transitioned between the Fit Strip, the Negaunee Township Trails, and the Noquemenon Trail Network at Forestville.

Skiers were invited to a mini ski camp between the Christmas and New Year holidays. Despite the low snowfall early in the season, the trails were in good shape. During the two day camp we covered fundamental classic and skate ski techniques, along with an introduction to racing and ski waxing.

During the months of January and February practice was held twice a week. A basic goal of the prep team is to teach proper ski technique to developing skiers. Usually practice was split into a technique lesson and then a distance ski, fun interval session or game. Race-oriented skiers were given the option to race ski relays with the Ishpeming Ski Club on Tuesday nights.

We also scheduled a fun outing this winter outside of regular practice. The Ishpeming Ski Club invited the SSC team to join them for an evening of skiing (on trails lit with tiki torches), a bonfire/potluck, and ski jumping at the Suicide Hill ski jumps/ski trails. This was a unique opportunity for SSC skiers to watch some of their teammates who are also jumpers soar off the jumps in a fun community atmosphere.

Many of the prep team skiers competed and gained some great racing experience in number of ski events this year. This included the Eki Loppet, Jr. Noquemenon/Noquemenon, Michigan High School State Championships, Jr. Bear Chase/Bear Chase and the Eastern J2 Championships.

SSC prep team skiers also participated in the Adventure Club. This was a fun opportunity for both racers and non racers to get in some extra skiing on the weekend.

We hope to see many returning skiers next year. We wish to continue to challenge racing skiers and help those who are just starting out with non-racing goals in skiing. The SSC would like to thank the skiers who came out for the team this year! Thanks to our new coach Dick Ziegler and returning coaches Dan Wiitala and Doug Kozeluh for their time, efforts and enthusiasm. Also, thanks to the parents and volunteers for making this year fun.

-Mikael Kil-

Don't forget to order your ski suits!

You may have seen the new Superiorland Ski Club ski suits around town, but if you haven't and are interested in placing an order you are able to view and try them on at Sports Rack in Marquette. They are made by Mt. Borah out of Wisconsin. The adult suits are made from Swiss eyes mesh fabric with pro cut gussets for optimal fit and function. We also have junior suits made from Italian Tobago performance fabric. The adult suits are \$150.00 and the junior suits are \$100.00. Please email ifieldhe@gmail.com to order your suit so you'll be ready for the next ski season.

Time to Celebrate!

SSC 20th Anniversary Banquet

The Superiorland Ski Club will be celebrating a year of events and activities sponsored by the club on

Tuesday, May 14 from **5:30 - 8pm** at the **Ore Dock Brewing Company**.

This is a family-friendly event that will be held in the upstairs of the Ore Dock. All members are encouraged to attend this annual banquet. We will be recognizing several annual awards again this year:

Lifetime Achievement Award: **Dan Wiitala**

Skier of the Year Award: **Mikael Kilpela**

Volunteer of the Year Award: **Dennis Whitley**

A casual dinner by Border Grill will be provided. A \$5 donation is suggested to offset dinner costs. Please RSVP to zuegerj@yahoo.com (Jill Zueger) if you are planning on attending. Jennifer Farnsworth will be creating a slide show for the banquet, and we would like to include pictures from the past 20 years. Please submit pictures to Jill Zueger at zuegerj@yahoo.com. We look forward to seeing you on May 14th!

www.superiorlandskiclub.com

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2013 State Championships

The MSHS Boys' Nordic Race Team successfully defended its state championship title at the Al Quaal Recreation area in Ishpeming. The MSHS girls' team placed second behind Copper Country. Blake Murray (Marquette/ Superiorland) won his second consecutive individual pursuit and his first sprint championship. Evelyn Delong of Copper Country won both the girls' pursuit and sprint titles. Other top ten finishers for Marquette were: Marty Gray, Andrew Twohey, Mike Wiitala, Ben Wright, and Logan Zueger for the boys, and Abby Potts and Beth Wright for the girls. In all, 100 young people from seven teams participated in the championships: Marquette, Copper Country, TC Central, TC West, TC St Francis, Vasa Ski Club, and Lake Michigan Ski Club. The course conditions were perfect! A huge thank you goes to John Kangas and his crew from the City of Ishpeming Parks and Recreation for their expert grooming.

This two day racing event would not have been possible without the efforts of around 50 Superiorland Ski Club volunteers and friends who helped with course set up, timing, facilities, food, awards, and media. Thank you! Also, thank you to the race committee members for organizing and managing this successful event: Carol Fulsher, Paul Gray, Joe Graci, Debby Muskovitch, Kim Smith, Ursula Stock, Claire and Mike Twohey, Dan Wiitala, Kathy and Paul Wright, and Jill and Karl Zueger. Yet another important thank you goes to our financial sponsors: River Valley Bank, Garden Bouquet, North Jackson Company, City of Marquette Police Department, Sweetwater Café, Downtown Eye Care, Donckers, Steward and Sheridan Law Firm, Citgo/Krist Oil, Marquette Board of Light and Power, and the MSHS Booster Club.

Next year's state championships will be held downstate in the Boyne or Traverse City area.

-Dan Wiitala

MSHS Nordic Race Team

The MSHS Nordic Race Teams had another exciting, busy year. Due to lack of snow, many of the early practices consisted of doing loops on the Negaunee Township baseball diamond. The first race of the year, the Mesabi East Invitational, was also affected by the snow shortage, and used a short, manmade loop instead of the regular trails. This event is the largest high school race in the country, and Blake Murray was our top finisher in 5th place.

The second race, the Boyne Junior National Qualifier at the Walloon Lake Lodge, involved two days of racing: a skate sprint and a classic 5k. Blake Murray was the top boy J1 skier, and Abby Potts was the top girls' J1 skier. Ben and Beth Wright and Logan Zueger proved to be serious competitors in the J2 category. Shelby Ross completed her first ski race despite "forgetting how to ski halfway through."

At the Noquemanon, the skiers raced a 5k skate on Friday and a 12k classic on Saturday. Due to the nature of the courses and mass start racing both races were very tactical with lots of lead changes and drafting.

Ben and Beth Wright were the most well traveled members of the team, driving to and competing in two other Midwest Junior National qualifiers in Wausau and Minneapolis. Ben and Beth Wright, along with Logan Zueger, qualified for the J2 Eastern Championship team, and competed in Plymouth, New Hampshire. There, Ben took 2nd place in the sprint.

Blake Murray qualified to compete in at the Junior National Championships in Fairbanks, Alaska. He raced in the highly competitive J1 category and placed in the middle of the pack in most races.

-Joe Graci

XTERRA Lake Superior Shore Run Trail Run

The Shore Run Committee and the Superiorland Ski Club are pleased to announce our partnership with XTERRA, an international trail running organization, for this year's XTERRA Lake Superior Shore Run, set for September 21, 2013. XTERRA will help promote the 19th running of our half marathon, 5k and 1k kids' races on a national and international level. Runners can qualify for the National Event held in Ogden, Utah, and then the World Championships in Oahu, Hawaii in December.

We hope this new partnership will add to our base of runners from outside Marquette, the Upper Peninsula, and hopefully the state. We're working on other new, exciting things for this year's race, as well as favorite mainstays that have drawn runners to Little Presque Isle Park for years. Please put the date on your calendar, and tell your friends about this scenic trail run, showcasing some of the most beautiful spots in Marquette County.

We couldn't put the Shore Run on without so many great volunteers. We appreciate all the help club members provided for the 2012 race, and we would like you to consider helping again. The Shore Run is the largest fundraiser for the ski club each year, and we're able to help more kids learn to ski and create healthy lifestyles as a result of the race.

Contact Jenifer Kilpela if you're interested in volunteering, and find more information at xterralakesuperiorshore@gmail.com.

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





**BIKE
& SWAP
KAYAK & SALE**

Saturday, April 27 • Marquette National Guard Armory
1820 Lincoln Ave.

Drop off: 10:00 a.m.-1:00 p.m.

Ski Club Members' Only Sale: 1:00 p.m.-1:15 p.m.

General Public Sale

1:15-3:00 p.m.

Pickup: 3:00-3:30 p.m.



Bring your bikes (mountain, road, youth; components and related equipment) and let us sell them for you. Kayaks and related equipment are welcome. A 20% commission will be charged and all profits will support the Superiorland Cross County Youth Ski Programs. For additional information call 362-4463.

Brought to you by the Superiorland Cross Country Ski Club

Superiorland Ski Club



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Marquette, MI 49855
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