

Superiorland Ski Club



SKI CLUB
www.superiorlandskiclub.com

From the President:

Board of Directors

Dan Wiitala
President
dwwiitala@gmail.com

Kathy Wright
Vice President
coffeandredwine@gmail.com

Pam Fjeldheim
Secretary
pamfjeldheim@hotmail.com

Debby Muskovitch
Treasurer
Debby@northjacksonco.com

Tom Wagner
Past President
Wagnert60@gmail.com

Dick Ziegler
geo_logical2@hotmail.com

Gabrielle Hansen
gjtrudeau@gmail.com

Kay Rambo
kkrambo2@msn.com

Claire Twohey
cps2e@aol.com

Jill Zueger
zuegerj@yahoo.com

Mikael Kilpela
m_kilpela@yahoo.com

Cara Lee Patmore
waterbugz@msn.com

Pam Kauppila
pkauppila@gmail.com

Steve Kuhl
Sgkuhl805@gmail.com

The 2015-2016 ski season has come to a close and it's fun to look back at the highlights of the year. Close to 100 youth and junior skiers participated in our team programs. Forty-five of those were in the Ski Cats and Adventure Teams programs that worked on fun and fundamentals of cross country skiing with technique and skills coaching and got families skiing together on Sunday afternoons. I believe Ski Cats remains extremely important to our club and the sport because this is where many people get hooked on skiing. The Club is grateful that new board member Pam Kauppila stepped up to coordinate the program this year.

The prep team and high school teams were also strong. Both teams were relatively young so that meant probably half of these skiers were new to technique in both the classical and freestyle (skating) forms and new to ski racing. With the late start to snow both teams stuck with a long dryland season before skiable trails were available just before New Years Day. In spite of the slow start the season was a great success as the numbers stayed strong throughout the season.

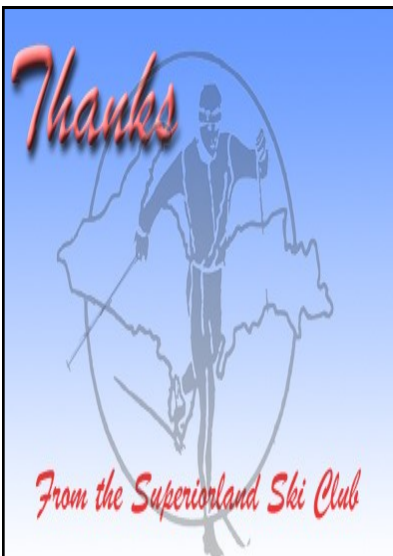
The Club hosted a well-attended and spectacular Michigan State High School Championships in mid February at Al Quaal. This year the event was organized with volunteers from Superiorland and Ishpeming Ski Clubs which was a great success. In spite of getting hit with near blizzard conditions on the first day of the event and very cold temperatures all weekend, 87 skiers plus coaches from 7 teams from across the state competed for the coveted individual and team titles. Superiorland/MSHS did very well taking the overall 2nd place team award just behind Copper Country. Superiorland's Bethany Wright captured her first individual title as the girls classic sprint champ. A big SSC thanks to board member, prep team coach, and elite master skier Mik Kilpela (& Bros) for stepping up and handling all the event timing and results for the weekend – those are posted at www.superiorlandskiclub.com in case you did not see them already.

Head Coach Karmen Whitham went on to lead the Great Lakes Division team at Junior Nationals in Telemark Wisconsin in early March. SSC skier Isabel Carr qualified for the event and raced in the crazy 60-degree weather in Telemark to conclude the team racing for the year.

Presidents Letter continued on page 6



Thank you Cindy Anderson for the past four years of creating the Superiorland Newsletter. Without all of your hard work, time and dedication this publication wouldn't have been possible.



Mark your calendars!

Saturday, April 23rd: Bike and Kayak Swap
Lakeview Arena 9:30-1:00 p.m.

Wednesday, May 4th: SSC Annual Banquet
Marquette Commons 6-8pm

Monday June 20th: Summer Dryland Training

Saturday, September 24th: 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.

Ishpeming High School 2015~2016

The Ishpeming Ski Club (ISC), with support from the Superiorland Ski Club (SSC), formed a new high-school and middle-school Nordic Ski Team for the 2015-2016 ski season. This team, composed of 23 students from Negaunee and Ishpeming schools, is unique in that team members may train and compete in both Nordic ski events: ski jumping and cross-country skiing. Of the 23 ISC Nordic Ski Team members, **nine** chose to do both ski jumping and cross-country, **14** skied cross-country exclusively, and **one** trained and competed in ski jumping events. Team members trained for ski jumping on the ski hills at Suicide Bowl in Negaunee, and cross-country skiing at either the Norman Juhola Trail System at Suicide Bowl, or the Nordic trails at Al Quaál in Ishpeming.

Despite rather late snow, the new (and mostly inexperienced) ISC Nordic Ski Team whole-heartedly entered into the world of Nordic ski racing with strong support from ISC team families and friends. The second season of the Marquette Nordic Race Series (four local ski races held at Forestville, Blueberry Ridge, Al Quaál, and the Norman Juhola Trail System at Suicide Bowl) was a perfect way for ISC Nordic Team members, both seasoned and new to ski racing, to gain race experience and to meet and compete against MSHS skiers their age. All race timing (both interval and wave starts) for the Marquette Nordic Race Series was completed skillfully by Mik and Dan Kilpela.

A dozen ISC Nordic Team members made the trip to Biwabik, MN to experience and compete in the largest (and possibly the coldest) high school ski race in the country. As the season progressed nearly half of the team also competed in 10K, 12K, 24K and 25K races associated with the Noquemanon and Great Bear Chase ski marathons.

In late-February a group of three ISC Nordic Team members traveled to Iola, WI to compete in a Nordic-combined (ski jumping and cross-country skiing) event. Upon arrival they found that the tournament had been restructured to be a ski jumping-only tournament; they gained valuable experience competing against other junior ski jumpers from Wisconsin, Minnesota and Illinois.

ISC Nordic Ski Team members competed in the following 2016 ski competitions:

- January 6; Marquette Nordic Race Series Race #1 –2.5K & 5K, Forestville Trails, Marquette
- January 9; Mesabi East Invitational - 5K, Biwabik, MN
- January 22; Jr. Noque - 5K, Forestville Trails
- January 23; Noquemanon Ski Marathon -12K and 24K, Noque Trail
- February 2; Marquette Nordic Race Series Race #3 – 2.5K & 5K, Blueberry Ridge Trails
- February 9; Marquette Nordic Race Series Race #2 (rescheduled)- 2.5K & 5K, Al Quaál
- February 12 & 13; MI High School Cross Country Ski Championships – 3K, 5K, sprints, Al Quaál
- February 20; Iola Winter Carnival Ski Jumping Tournament – 30 meter hill, Iola, WI
- February 23; Marquette Nordic Race Series Race #4 – 2.5K & 5K, Norman Juhola Trail System
- March 5; Great Bear Chase - 10K & 25K, Swedetown Trails, Calumet, MI



Dick Ziegler
Ishpeming High School Coach

Michigan High School State Meet

2015~2016

Superiorland Ski Club and Ishpeming Ski Club hosted the championships at Al Quaal Recreation Area trails on February 12 – 13. Most races this winter were run in warm conditions but this race featured near blizzard and cold air all weekend. Seven teams competed this year: Marquette, Ishpeming, Copper Country, Gogebic, Lake Michigan (Petoskey), Traverse City Central/West, and Traverse City St Francis. Copper Country skier Mitchell Delong was the strongman of the competition taking first place honors and defending his title in the distance pursuit event (4.3 km classic and 4.3 km freestyle) with an overall time of 26:23 just edging out teammate Matt Chard (27:00), and Lake Michigan's Reid Goble (27:31). **Luke Rambo** of MSHS was fourth (28:31) and brother **Lance Rambo** finished 6th (29:16).

In the girls pursuit Traverse City Central/West teammates Mary Lyon and Kelly Peregrine finished 1st and 2nd (33:17 and 33:47, respectively) with Copper Country's Annabel Needham in third (34:09) **Bethany Wright** was Marquette's top finisher in 5th (34:40) with teammates **Isabel Carr** and **Ericka Asmus** close behind in 6th and 7th place for Marquette (35:25 and 35:59, respectively).

The championship also featured a 1 km elimination round classic sprint event. **Bethany Wright** of Marquette won the girl's championship holding off Needham, Lyon, Peregrine and Traverse City's Nikki Roxbury. **Erika Cousineau** of Marquette rounded out the A final in 6th place. The boys A final looked nearly identical to the pursuit event with Delong winning, followed by Chard, and Goble, but with the brothers Rambo flipping finish order with **Lance** in 4th and **Luke** in 5th. Dean Jacobs of Traverse City Central finished in 6th place in the A final.

In team scoring, MSHS finished 2nd in both the boys and girls divisions, behind winning teams Traverse City Central (Girls) and Copper Country (Boys). The overall team champion was Copper Country (369 points), followed by Marquette (310 points) and Traverse City Central (273 points).

Complete results can be viewed at www.superiorlandskiclub.com

Summer 2016 Training Program

"Skiers are made in the summer" I don't know who said it first, but it couldn't be more true. That is why I encourage everyone who wants to improve their skiing abilities and take themselves into the next bracket of their competition to sign up for Superiorland Skis Clubs' summer program. Over the past three years that I have headed this program it has over doubled in size, determination and fun. Aside from strenuous workouts and technique sessions that will have you stronger and faster for next season, the training group enjoys mountain bike Fridays, cliff jumping and whatever crazy roller ski agility games we can come up with. This program is an incredible opportunity to train with a group of focused athletes and is essential to becoming a better skier. In order to be placing where you want to when you're out on the snow, you need to be putting in a solid foundation throughout the summer, it's what all the people coming in the top 20 places are doing. So don't get left behind! Sign up and come out this summer to train with the SSC Summer program!

The training program will be 4 days/week and run from **June 20 – August 12**. Details and registration forms will be posted at www.superiorlandskiclub.com by the end of April.

-Superiorland High School Head Coach Karmen M. Whitham

Superiorland Summer Training Program

June 20 – August 12 2016

Registration Form

Questions? Contact Dan Wiitala dwwiitala@gmail.com or call 906-362-4462

To register, please complete the following and mail with payment of \$150 to: Superiorland Ski Club, PO Box 864, Marquette, MI 49855

Name _____ Parents _____

Address _____ Phone _____

Email _____ Emergency Phone _____

Date of Birth _____ Sex _____

Roller ski experience (circle one): New to rollerskiing Some experience Very experienced

Need Roller ski Equipment (List): _____

Release and Indemnity Agreement

In consideration of my participation in the Superiorland Summer Training program, sponsored and managed by the Superiorland Ski Club, PO Box 864, Marquette MI 49855 and any other landowners in connection with the program, in recognition of the fact that in such participation and use of such facilities, injuries may occur, I do hereby covenant with Superiorland Ski Club, that I will never sue or bring any legal action or proceeding against Superiorland Ski Club or their respective officers, employees or agents, for or on account of any injury or damage sustained by me, which I have now or may have against Superiorland Ski Club, their respective officers, employees or agents, of any nature, arising out of the program, and this release and indemnity agreement may be presented as a complete defense to any action or other proceeding which may be brought, instituted or taken by me, or my legal representatives, against Superiorland Ski Club, their respective officers, employees or agents.

This covenant not to sue is executed by me not in satisfaction of any damage sustained, nor as compensation for injuries, nor in settlement for any claim for damages, but rather is in sole consideration of my participation in the Superiorland Summer Training Program.

I further hereby covenant to indemnify and save harmless Superiorland Ski Club and its respective officers, employees and agents, against any claim for damages, compensation, or otherwise on the part of me, my heirs, executors, or administrators, and to reimburse or make good any loss or damages or costs that the aforesaid indemnities may have to pay if any litigation arises on account of any claims made by me or anyone on my behalf.

Signature _____ Date _____

Parent or guardian if under 18

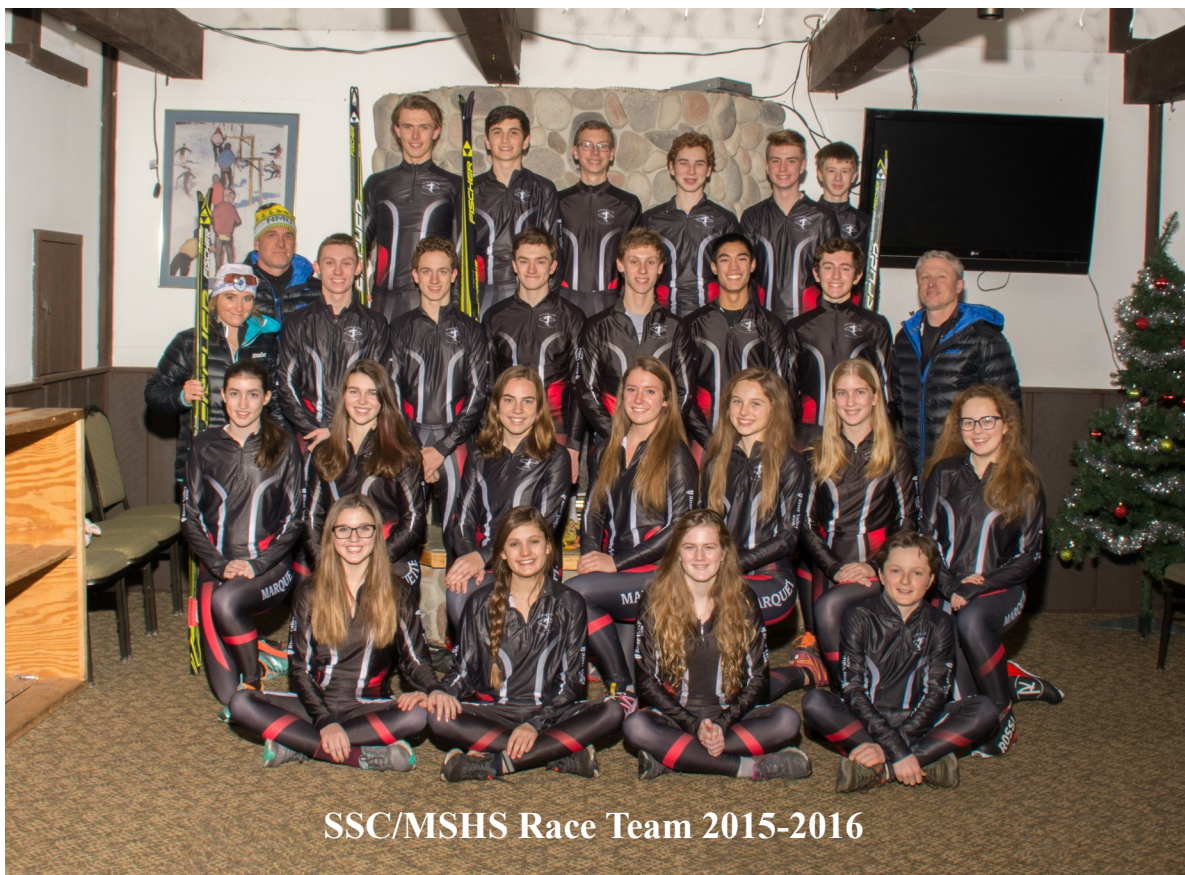
Coaching MSHS

The MSHS Ski team experienced astounding numbers this year with 24 athletes on the roster. The season started late which meant a prolonged dryland season, and skiers became accustomed to many uphill bounding sessions, strength training circuits and roller skiing on the weekends. This year we took a new approach to strength training and utilized different methods including body weight, medicine ball and TRX band exercises. This was the first year SSC implemented these tactics and it was apparent that by the time the snow finally came there were positive strength gains.

Searching for snow became a constant task in December, but proved to be a blessing in disguise because it meant we had to opportunity to join Copper Country Ski Club for their annual Holiday Ski Camp. Several SSC athletes participated joining in with skiers from Wisconsin and Michigan. Everyone in attendance logged in many hours and came home feeling much more confident in their skiing abilities and with a positive attitude and focus for the upcoming racing season.

In early January the team traveled to Biwabik, MN to compete in the Mesabi East Invitational to compete at the largest High School Competition in the country. There were 60 other teams from Minnesota, Wisconsin and Michigan. MSHS brought 15 out of the 24 skiers on the roster to the event. Overall the team had a great time competing and meeting with the hundreds of other skiers.

Coaching MSHS continued on page 6



SSC/MSHS Race Team 2015-2016

President's Letter

(Continued from page 1)

Some indicators seem to point to declining numbers of skiers, caused in some part by weather this year and climate changes. Some college programs in the CCSA have recently been cut from varsity sports funding. It's never been an easy sport. We should be really proud that SSC, its members, coaches, skiers, and team alumni continue to promote our great sport and do what we can to see it continue. From getting the new warming hut at BBR up and running, to leading high school and junior racing teams, to getting juniors to college level skiing and training skiers that give back by getting new teams going in their area (shout out to Ellen Wiitala, Sheila Flood and Abby Potts – Go Blue!). None of these things would happen without the Superiorland Ski Club providing a great base of support to skiers right here in Marquette County. Let's keep it going!

Dan Wiitala, President

MSHS Coaching

(Continued from page 5)

The Noquemanon weekend brought out more skiers competing in the Jr. Noque Km freestyle and half-marathon events. It was exciting to have a few of the skiers who have never raced before in their lives hop into their first competition right here in Marquette. Bethany Wright lead the way for SSC skiers finished 2nd place overall in the Jr. Noque followed by Ericka Asumus in 3rd, Samantha Borzick in 6th, Erica Cousineau in 7th, Grace Argeropoulos in 8th, Emma Stahl in 14th, Breanna Argeropoulos in 17th, Kate Gagnon in 18th and Solanna Pletka in 19th. On the mens' side Luke Rambo finished 1st, followed by brother and teammate Lance Rambo in 3rd, Nathan Garwood in 7th, prep-team skier Eli Wiitala 10th, Mathurin Gagnon 13th, Seth Potts 14th, Aleutian Hatfield 15th, Moses Waite 16th, Matthew Pillifant 17th, Matt Millado 25th and Alexander Gilliam in 32nd. On the same weekend was the Jr. National qualifier in Cable WI where Isabel Carr and Logan Zueger and Ethan Hall competed against the fastest skiers in the Midwest, including renowned NCAA champions. Despite a hard fall that resulted in a black eye that people questioning what she had done over the weekend, Isabel finished the classic race just seconds behind one of the top U16 skiers Siri Martin and 28th in the U16 Freestyle event. Logan Zueger placed 96th in the 15km Freestyle event followed in by Ethan Hall 122nd. On the very challenging 10km classic course Logan placed 81st and Ethan 117th.

In February the MSHS team wrapped up their official race season at the Michigan High School Nordic Skiing Championship races hosted by Superiorland Ski Club at Al Quaal. Despite crazy weather conditions MSHS team had a great showing with 10 women and 12 men skiers competing in a skate sprint, classic distance and freestyle race.

Coaching MSHS continued on page 7

MSHS Coaching

(Continued from page 6)

Midweek races were a huge success this year as the MSHS team joined the Ishpeming High School's ski team coached by Dick Ziegler. Midweek races started in January and continued into the end of February every other Tuesday. The series was a fun opportunity for our skiers to put themselves in a race environment and get in some intensity training. This series proved to be a great asset for athletes and the ski community in the upper peninsula alike. The timing crew headed by Mikael Kilpela was very well organized and professional, making the midweek series a pleasurable and productive experience for coaches, athletes and spectators.

As the season progressed so did our athletes. There were huge improvements made in technique and fitness across the whole team and it was amazing to see members of the team who started the season not even knowing how to dress themselves for ski practice be able to ski with the seasoned members of the team. It was a truly amazing experience to witness the level of dedication to learning and perfecting technique by everyone on the team, and I can say with absolute certainty that there are great things to come for the MSHS 2016-2017 season and beyond!

-Karmen Whitham

MSHS Head 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:

2016 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.

If you're interested in Volunteering for the Bike Swap please visit the link below on VolunteerSpot

Here's how it works in 3 easy steps:

1. Click this link to go to our invitation page on VolunteerSpot:
<http://vols.pt/AErh7F>

2. Enter your email address: (You will NOT need to register an account on VolunteerSpot)

3. Sign up! Choose your spots - VolunteerSpot will send you an automated confirmation and reminders. Easy!

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



Blueberry Warming Hut Update

It's been wonderful seeing all the skiers and visitors at the BBH since its doors opened in late December and the ribbon cutting ceremony in early January. The hut has become everything we were hoping for...a warm place after a ski, offering bathroom/changing facilities, a place to gather/meet new ski friends, and to enhance everyone's ski experience. The Superiorland Ski Club, DNR and the Sands Township would like to thank all the supporters, businesses and community groups again for their support. It's been wonderful having individuals come forward to continue to help/volunteer with different BBH needs as they arise; daily opening/closing of the hut, providing funds for the purchase of the woodstove, providing more firewood, making the outdoor ski racks, purchasing and installing the door closers and offering to provide more paper products and keeping the hut clean. The SSC will continue to seek donations and grant money for final touches and maintenance. With the ski season coming to an end and the BBH closing at the end of the March...the BBH committee would just like to say, thank you...we couldn't of done it without you!

Happy Spring!

-Friends of Blueberry



www.superiorlandskiclub.com

Fun ° Fitness ° Friendship

22th Annual Lake Superior Shore Run

Mark your calendar for The Superiorland Ski Club's largest fundraiser of the year, the 22nd annual Xterra Lake Superior Shore Run on September 24, 2016! The course is one of the most spectacular courses in the country for trail running. Sponsors are currently being solicited for this year's race.

Race Times:

Half Marathon: 10 am EDT.

5K: 11 am EDT.

1K Youth Race: 12 noon EDT.

All races will begin at Little Presque Isle, northern (2nd) parking lot. No park passes are required on race day as it is the DNR's Free Park Pass Day! Autumn is the best time for running in the Midwest. Clean, crisp air-- low humidity--no bugs!

The half marathon can be run as a one man race, or consider doing it as a 3-person relay! The course runs for 1.5 miles along Lake Superior and then passes Harlow Lake. From there it gently winds up 300 feet of elevation to views of the Huron Mountain Range from the top of Bareback Ridge, or as locals refer to it the 'Top of the World'. Finally runners return to Lake Superior for a 1.5 mile stretch of rugged running from Wetmore Landing toward the finish at Little Presque Isle. Four aid stations will be spaced evenly on the course.

The 5K is run in the pines with a soft needle bed in some areas, and for contrast runners will encounter some roots and rocks, too. It is classified as a moderate course; with a wonderful finish hugging the Lake Superior Shore line!

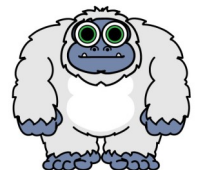
Youngsters 13 years and under can participate in the 1K race. Age groups are 5& under, 6-7, 8-9, 10-11, 12-13. The Awards ceremony follows immediately after the races. Awards will be awarded per age group category.

-Pam Kauppila

Lake Superior Shore Run Director

Annual Banquet May 4th

The Superiorland Ski Club will host the year end banquet Wednesday, May 4th at the Marquette Commons 6-8pm. The Club will gather to celebrate and acknowledge all of the positive programs and successful events of the year. Dinner will be provided by Border Grill and a small donation of \$5 is requested to help offset the cost. All skiers, families, and individuals, Ski Cats, Prep Team, Adventure Club, and High School Teams are encouraged to come. Youth program members will be able to pick up their cool Superiorland Ski Club T-shirts at the banquet as an added incentive to come together to celebrate this past winter season. Annual Club Awards will also be presented. Please come and bring your family, a fellow skier or friend. RSVP to Jill Zueger at zuegerj@yahoo.com



*****Reminder if you rented skis this year and have not returned them, *****

please bring them to the banquet or else we may have to unleash the yeti on you!

Motivating Young Skiers

We wrapped up the 2015-2016 Ski season a few weeks ago right before the big warm up. 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.

Over half of our group this year were new to SSC skiing and many had never skate skied in the past. We started dryland training in late November and on snow sessions in late December. The beginner skiers went from working on skate skiing a few hundred yards, to multiple kilometers in the span of a few weeks which awesome. It was also great to see the second and third year skiers picking up from where they left on in previous years with their skiing.

Although racing is not the main Prep Team focus, we encouraged skiers to participate in the Junior Noquemanon. We also encouraged them to try our local race series, co-hosted by the Superiorland and Ishpeming Ski Clubs. These races were well attended by Prep Team skiers and saw many fans (parents) turn out to watch. And for many, this was their first time toeing a start line on skis. We ended our season again this year with a race hosted by the Ishpeming Ski Club, at Suicide Hill Cross Country Trails (followed by food, bonfire and fun in the terrain park).

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.

Mikael Kilpela, Prep Team Coach

Prep Team 2015-2016



Annual Ski Club Awards

Call for Nominations:

1. Lifetime Achievement Award: given to an individual, business or organization making a major long term, positive impact on the Marquette County ski community. Open to anyone with a 10 year involvement or more. Posthumous awards considered.
2. Volunteers of the Year: given to an individual who gave hours, organizational skills, and/or leadership to the following events or programs: Ski Club youth programs, the Lake Superior Shore Run, Ski and Bike Swaps and the Ski Club Board of Directors. Recipient names will be inscribed on the Volunteer of the Year plaque on permanent display in the Forestville Lodge.
3. Skier of the Year: given to a Nordic skier with a remarkable accomplishment, displays tenacity and perseverance, overcomes odds or obstacles (possibly performance-oriented) and/or exhibits outstanding sportsmanship. Must be a Ski Club member to be eligible for this award.

Please email your confidential nominations to Debby Muskovitch at Debby@northjacksonco.com or send them to Superiorland Ski Club, PO Box 864, Marquette, MI 49855. Recipients will be recognized at the Ski Club annual social and awards gathering on April 22, 2015.

Past recipients: (more information on www.superiorlandskiclub.com)

2015: Lifetime Achievement- Ursula Stock

Volunteer of the Year- Kathy Wright

Skier of the Year- Bill Short, M.D.

2014: Lifetime Achievement- Tom Wagner

Volunteer of the Year- Pam Fjeldheim

Skier of the Year- Abby Potts

2013: Lifetime Achievement- Daniel Wiitala

Volunteer of the Year- Dennis Whitley

Skier of the Year- Mik Kilpela

2012: Lifetime Achievement – Beverly Laughna

Volunteer of the Year – Ingrid Fjeldheim

Skier of the Year – MSHS Nordic Ski Team

2011: Lifetime Achievement – Bob Mahaney

Volunteer of the Year – Rick Kauppila

Skier of the Year – Greg Nelson

2010: Lifetime Achievement – Paul Hannuksela

Volunteer of the Year – Debby Muskovitch

Skier of the Year – Ellen Wiitala

2009: Lifetime Achievement - Sten Fjeldheim

Volunteer of the Year – Craig Stien

Skier of the Year – Zach Wagner

2008: Lifetime Achievement – Jon Nelson

Volunteer of the Year – Rich Uren

Skier of the Year – Tom McFadden

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:

Karmen Whitham – Head Coach

Kyle Rambo – Volunteer Coach

Steve Carr– Volunteer Coach

Ski Cats:

Pam Kauppila – Volunteer Head Coach/Coordinator

Volunteer Coaches/Assistants– Hilary Billman, Erin Vanderschaaf (SSC Prep Team skier), Anna Patmore (SSC Prep Team skier), Cara Lee Patmore, Steve Kuhl, and Tom McFadden (SSC Race Team Alumni), Gabrielle Hansen (SSC Race Team Alumni), and Andrew Grosvenor.

Ishpeming High School:

Dick Ziegler– Head Coach

Prep Team:

Mik Kilpela – Volunteer Head Coach

Dan Wiitala –Volunteer Assistant Coach

Vicky Asmus– Volunteer Coach

John Bruggink– Volunteer Coach

Adventure Team:

John Argeropoulos— Volunteer Head Coach/Coordinator

Thank you to the Sponsors of the State Championships

River Valley Bank

Lower Harbor Family Dental

Stewart and Sheridan P.L.C.

MAPS Booster

Marquette County and Convention Visitors Bureau

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.

Superiorland Ski Cats

Another season of Ski Cats is in the books, with many people sad to see it come to an end. Fortunately we were lucky enough to have great weather this season and hold all of our sessions as scheduled. We had a great turnout this year with close to 45 kids making it out to the trails to enjoy. The kids had a great time learning new techniques and exploring the trails in the woods. It was often hard to temper their enthusiasm and keep them from charging off into the woods. We enjoyed playing games in the stadium at Forestville, relay races, the jump, and of course the hot chocolate and doughnuts. It was especially nice this year to have a nice warm place to gather after the sessions in both locations. Lastly, a special thanks goes out to Pam Kauppila who stepped up late in the fall as the program coordinator she did a great job on short notice and we already have plans in the works and some new ideas for next season to improve the program.

Steve Kuhl

Ski Cats Coach

Junior Nationals 2015—2016

Cable, Wisconsin, was home to a week-long series of races known as the 2016 Nordic Junior Nationals. Thanks to their efforts throughout this season, MSHS skiers **Isabel Carr** (sophomore), and honorary Superiorland Ski Club NMU college skier **Sarah Goble** qualified to represent the Great Lakes Division by attending several Junior National Qualifying races throughout the season. In order to qualify, skiers must be able to score an appropriate number of points depending on their age category over the course of eight qualifying races, upon qualification, skiers in Michigan are named to the Great Lakes Division team to represent the region at Jr. Nationals.

Junior Nationals is an event that is recognized as the pinnacle weeklong race series for the best U16 to U20 athletes in the nation. For our two Marquette representatives to compete in such a prestigious competition proved that there is great talent and determination within our youth ski community.

Isabel Carr raced for the first time at Jr. Nationals in the U16 female category producing great results in the 5km Freestyle, 5km Classic, 1.3km Freestyle Sprint, and an uphill team time trial. Isabel was accompanied by teammate Sarah Goble who has been training with the Superiorland Ski Club during the season and competed throughout the week in the U20 category for GLD.

It was evident that this race series was a phenomenal opportunity for Great Lakes Division skiers to witness such a high level of competition, and after talking with many of those in attendance they want nothing more than to log in some serious dryland training hours this off-season so they can come back and compete in Lake Placid at the 2017 Junior National Championships!

Junior Noquemanon Results

We had a great year at the Junior Noque. One hundred kids and their families came out for the beautiful winter afternoon and raced in one of four different races. We offered a 5K Freestyle race for racers aged 12-19, both a skate and classic 3K for skiers aged 8-11, and a 1K for all athletes under 8. The trail was expertly groomed, the volunteers were plentiful and very capable of presenting and implementing a high quality youth race. For their efforts, all skiers were rewarded with a participation ribbon, donated by Quick Trophy and a Saykly's Yooper Bar. They also enjoyed pizza and treats inside, made possible with donations from Toarmina's Pizza. The Superiorland Ski Club and The Noquemanon Trail Network are proud to offer this important race to our youngest competitors. Next year we plan to add another age group to the 3K race to offer more options for our 12-13 year olds. We would like to thank all the volunteers who came together to make this event a success. Overall winners of the Jr. Noquemanon are listed below. More race results can be found at <http://my1.raceresult.com/48759/?lang=#>.

5K Freestyle

Female

- | | |
|--|------|
| 1. Niki Roxbury, Traverse City Trojans | 17:1 |
| 2. Bethany Wright, Superiorland | 17:4 |
| 3. Ericka Asmus, Superiorland | 17:5 |

Male:

- | | |
|------------------------------|------|
| 1. Luke Rambo, Superiorland | 15:1 |
| 2. Thomas Zeigler, Ishpeming | 15:2 |
| 3. Lance Rambo, Superiorland | 15:4 |

3K Freestyle

Female:

- | | |
|--|------|
| 1. Maria Velat, Ski Tigers | 14:0 |
| 2. Ella Klasner, McCall Winter Sports Club | 15:4 |
| 3. Althea Bruggink, Superiorland | 16:1 |

Male:

- | | |
|--|------|
| 1. Nicholas Asmus, Superiorland | 14:1 |
| 2. Cyrus Hamlin, Ski Tigers | 14:1 |
| 3. Sam Dehlin, Marquette, Team Singletrack | 18:1 |

3K Classic

Female:

- | | |
|------------------------------------|-------|
| 1. Ingrid Seagrin, Ski Tigers | 21:03 |
| 2. Luccia Haggenmiller, Ski Tigers | 21:51 |
| 3. Emmy Reese, Superiorland | 25:23 |

Male

- | | |
|-------------------------------------|------|
| 1. Brock Bartol, Suamico Bay Nordic | 24:3 |
| 2. Peter Argeropoulos, Superiorland | 24:4 |
| 3. Birk Seagren, Ski Tigers | 25:4 |

Superiorland Ski Club



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

Bikes Wanted
9:30am Drop-Off

BIKE

& SWAP

KAYAK

Saturday, April 23 • Lakeview Arena

SUPERIORLAND



CROSS COUNTRY SKI CLUB

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.