



From the President:

Retro Skis

2013/2014

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The Ski Club's upcoming Ski Swap is one of my favorite club events of the year. I like the crowd and the frenzy to get the good stuff first. I like seeing young families who are excited about skiing find good equipment for their children. I like seeing the high school skiers look for skis, boots and poles for the upcoming season and hanging out together.

In the last couple of years there have been some skis being sold at the swap that caught my eye right away. They've mostly been skis that have been around a while, and they remind me of skiing when I first discovered the sport as a teenager and young adult. They were cool in a retro kind of way. Just as I've got a thing for old bikes, I'm drawn to old skis. Some of these skis didn't find new owners at the swap. I guess most people at the swap are looking for function, not a reminder of the past, so they were left behind. Some of them, the ones that I really liked, I bought, rather than have them go back to their original owners. What am I going to do with them? I'm not sure yet. So far they're in my garage where I see them frequently. They make me smile because I know whose skis they were. Three of the pairs of skis belonged to Keith Kepler, a true ambassador of cross country skiing in Marquette and beyond. Keith's been skiing in the area for longer than most of us, and he's been actively supporting cross country skiing through the club, races, and fundraising events for decades. Those skis of his that I think are so cool were probably ones he used when teaching the numerous Rotary exchange students to ski throughout the years. Two years ago, when we hosted an exchange student from Thailand, Keith took her skiing. His enthusiasm and ever-present positive attitude made her later say it was fun and she'd like to do it again! Not a small feat with a girl who said it was cold here in September!

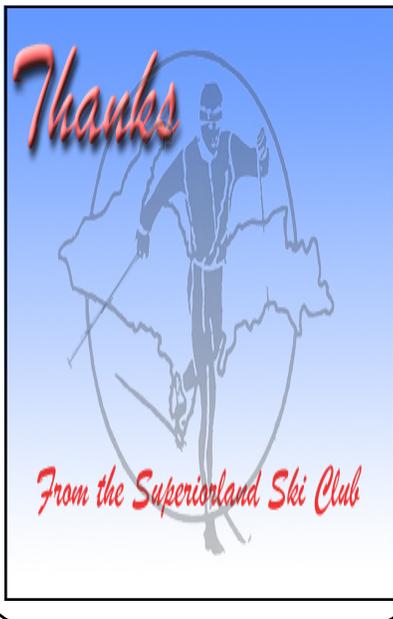
Those old skis with the cool Rossignol Rooster logo on the tips are a reminder—not just of skiing a while back, but of what skiing can do to make us feel good and inspire us. The Ski Club's Swap this year is Saturday, November 9th. I'll bet there will be some cool skis there. I hope you'll be there too!

—Tom Wagner
Club President

MSHS Nordic Ski Team Fundraiser at Econo Foods

The high school ski team is raising funds through Econo's We Share program. Through this program, Econo Foods 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@aim.com to arrange drop-off. Thank you Econo Foods for your generous community support!



Mark your calendars for:

- Oct. 29**, Tuesday, MSHS Nordic Ski Team Info Meeting
MSHS Cafeteria, 6 pm
- Nov. 5**, Tuesday, Prep Team Info Meeting
Bothwell Middle School Cafeteria, 6 pm
- Nov. 9**, Saturday, **SSC Ski Swap**
- Nov. 12**, Tuesday, Down Wind Sports SSC Club Night
Down Wind Sports, 6-9 pm
- Nov. 13**, Wednesday, Sports Rack SSC Club Day
All day

The Superiorland Ski Club Board meets every second Monday of the 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.



If you have been to Blueberry Ridge Pathways recently you have probably noticed some commotion and changes occurring. The DNR Parks and Recreation Division has been busy preparing the warming hut building site and clearing it for construction to begin in spring of 2014. So far the Superiorland Ski Club has raised \$96,370 in cash donations for the hut. This does not include donations which have been made for professional services or supplies. Applications for the Michigan Natural Resource Trust Fund, the Land and Water Conservation Fund, and the Recreation Passport grants are in and have met criteria. We are crossing our fingers that one of these grants will be awarded this fall. So far it looks promising.

Other progress at Blueberry includes expansion of the lighted parking lot. Nice trail and signage improvements are underway and due to be completed this fall. The DNR is currently constructing a new garage for the groomer near the hut, and this also should be completed by the time snow flies. If you go to the lighted loop parking lot you can see the activity, and it is really exciting! We are all hoping for a snowy UP winter where we can really enjoy the outdoors.

Special thanks to everyone who has made a donation towards getting this hut built, especially to Cliffs Foundation, Barry Polzin Architects, the Superiorland Ski Club, River Valley Bank, Closner Construction, Border Grill, and service groups: Marquette West Rotary, Marquette Noon Rotary, and the Kiwanis Club.



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.



Welcome Skinny Skiers!

The cool evenings are becoming more frequent and the hot, sticky days of summer are packed up and gone for the year. (Yee haw!) Fall is officially here, which brings great temperatures to train in. Then comes the white stuff that we skinny skiers get all ramped up, geeked out about.

Over the years, the club has had a number of different versions of the Wednesday Night Relays. We even tried to do them on Thursday nights. The fun factor increases with the more skiers who show up, so we are asking YOU to share with us: what events, formats, or locations would you like to do? Please call me and share your ideas so we can plan for another winter of Wednesday night fun on skis, and bring yourself and your ski buddies out on Wednesday nights.

Waxin' 'em up,

Greg Nelson
362-4445



Sten Fjeldheim, SSC board member, former US Ski Team Coach, and current Head Coach of the NMU Ski Team, recently received the **Michigan Department of Natural Resources' Partners in Conservation Award**. Sten was honored for his many contributions to the planning, development, and maintenance of the Blueberry Ridge Ski Trails.

Congratulations, Sten!





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



2013 SSC Award Recipients



(Left to Right)

Lifetime Achievement Award:

Dan Wiitala

Volunteer of the Year Award:

Dennis Whitley

Skier of the Year Award:

Mikael Kilpela

Prep Team Ready to Go Nov. 5

The Prep Team is a great way for young skiers to grow into talented and athletic skiers. After skiing with the prep team for a few years these skiers will be ready to move up to the high school race team. This year we are planning to meet on Tuesdays and Thursdays starting in late November. We will try to ski at the same location as the high school team to make it convenient for families with skiers in both programs. Also, there will be some opportunities for racing on weekends along with some possible Wednesday night relays for those interested. This team is for middle school age skiers and will focus on classic and skate technique, developing endurance and strength, learning basic race principles, and learning how to have fun on snow. This year's coaching will be provided by Dan Wiitala, Mikael Kilpela, and Douglas Kozeluh.

Join us for the kick-off meeting on November 5th at Bothwell for more details, and to meet the coaches and other skiers.

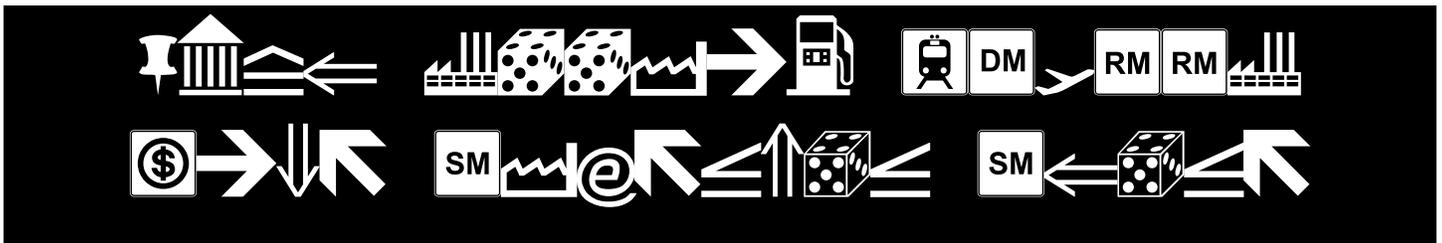
Doug Kozeluh

Prep Team Coach

dwkozeluh@gmail.com

www.superiorlandskiclub.com

Fun ° Fitness ° Friendship



The 19th Annual XTERRA Lake Superior Shore Trail Run enticed over 200 runners to ace some of the gnarliest trails in Marquette County on Saturday, September 21, 2013. With help from the DNR, Smoky the Bear made an appearance, greeting kids and families during the 1k kids' race. Coinciding with Northern Michigan University's homecoming weekend, the Shore Run around Little Presque Isle Park included many downstate, Wisconsin, and Illinois residents who traveled to celebrate the gold and green. One such alumnus, former NMU Wildcat cross-country skier Andy Liebner, won the race, finishing the half-marathon course in 1:23:30. Liebner said it had always been his goal to run the Shore Run, and this year he decided to make the trip from downstate Cheboygan. Marquette residents Mikael Kilpela and Greg Borzick finished second and third, just seconds apart. In the women's half-marathon race, Marquette women swept the podium, with Elizabeth Jones in first at 1:38:23, Gala Malherbe in second, and Amy Cook in third place.

The 5k race, which followed the Songbird Trail around Little Presque Isle Park, also saw local victors. In the women's race, Marquette's Alison Case took first in 21:17, with Sarah Miller in second, and Erin Bauman from Negaunee in third place. In the men's 5k race, Brett Conklin took first in 17:25, Logan Zueger took second, and Brigham Voigt took third place - all three men from Marquette.

XTERRA continued on p. 8

Photo: Women's 5k winners





Several generous community businesses also helped sponsor the race, donated food for the post-race feed, and donated door prizes. Please help us in thanking these businesses: Marquette County Convention and Visitor’s Bureau, Bell Hospital, Eagle Mine, Upper Peninsula Health Group, NMU Alumni Association, Cross-Fit Marquette, Pride Printing, Advanced Center for Orthopedics, Superior Timing, Border Grill, Lasco Inc., Landmark Inn, Lower Harbor Family Dental, Marquette General Hospital, North Jackson Company, Road I.D., Sweet Water Café, Getz’s, Econo Foods, Huron Mountain Bread Company, Third Street Bagel, Avia, Gatorade, LifeProof, Muscle Milk, Power Bar, Rudy Project, Switchback Gear Exchange, Superiorland Ski Club, Superiorland Library Cooperative, Marquette Food Co-op, Down Wind Sports, Sports Rack, Casualties, Keweenaw Jam, Midway Rentals and Sales, and Signs Unlimited.



Greg Borzick and Mikael Kilpela finish half-marathon

Also, thank you to all the volunteers who spent months planning this race, helping stuff bags, running registration, manning aid stations, helping time, parking cars, setting up the course, taking photos, directing runners on the course, tearing down the course, spreading smiles on race day, helping cut fruit and bagels, and making this event memorable for another year. We can’t do it without you.

A big thank you also needs to go to the XTERRA Trail Running Series, who partnered with us this year, helping promote this great event across the Midwest, the U.S., and the World.

Stay tuned for next year’s date, which will be made public at the SSC Ski Swap in November.



Once again the Superiorland Ski Club put on its junior summer training program. We were lucky to have two former athletes come back from college to join us as coaches. Eric Wagner, a Gustavus Adolphus ski team member, and Ellen Wiitala, a University of Michigan student and a new threat on the Michigan Cup circuit, both returned to help the current high school athletes get in shape. The group met four times a week, and training was both diverse and specific to Nordic ski racing. The sessions consisted of running, rollerskiing, bounding, plyometrics, sit ups, pushups, Facebooking, Instagramming, skinned knees, tan lines, hashtagging, talking about hashtagging, laughing, not too much crying, sore muscles, forgotten water bottles, broken pole tips, Thursday night trail races, stretching, technique work, snap chatting, sweating, bonking, a little disc golf, being late for sailing, being late for reffing, actually lots of tardiness, threshold intervals, two sore hips, some aches, some pains, and some fun. The athletes who participated were able to improve their technique and gain some fitness, which will pay off once the snow flies.

-Joe Graci
High School Coach



MSHS/SSC Junior Nordic Racing Team 2013-2014 Schedule				MSHS	SSC - JN
Date	Day	Event	Location		
October-13					
29-Oct	Tuesday	MSHS Nordic Info Meeting	MSHS Cafeteria	x	
November-13					
4-Nov	Sunday	Start Dryland/Rollerski Training	varies	x	x
5-Nov	Tuesday	SSC Prep Team Info Meeting	Bothwell MS, Marquette		
9-Nov	Saturday	SSC Ski Swap	Holiday Inn, Marquette	x	x
12-Nov	Tuesday	Downwind Sports SSC Night	Marquette	x	x
13-Nov	Wednesday	Sports Rack Club Night	Marquette	x	x
25-Nov	Monday	Mandatory Team/Parent Meeting	MSHS Little Theatre	x	x
December-13					
15-Dec	Saturday	MTU Opener/GLD JNQ*	Houghton, Mich	x	x
16-Dec	Sunday	MTU Opener/GLD JNQ*	Houghton, Mich	x	x
21-Dec	Saturday	Wausau Sprint JNQ (MW)*	Wausau, WI		x
22-Dec	Sunday	Wausau Distance JNQ (MW)*	Wausau, WI		x
26-Dec	Thursday	SSC Holiday Ski Camp	Marquette	x	x
27-Dec	Friday	SSC Holiday Ski Camp	Marquette	x	x
January-14					
4-Jan	Saturday	US Nationals	Hiber City, UT		
8-Jan	Wednesday	US Nationals	Hiber City, UT		
4-Jan	Saturday	Eki Loppet	Munising, MI	x	
11-Jan	Saturday	Giants Ridge Invite	Biwabik MN	x	
18-Jan	Saturday	Telemark JNQ (GLD/MW)*	Cable, WI		x
19-Jan	Sunday	Telemark JNQ (GLD/MW)*	Cable, WI		x
24-Jan	Friday	JR Noque(J2/U16*)	Marquette, MI	x	x
25-Jan	Saturday	Noquemanon Ski Marathon	Marquette, MI	x	
February-14					
1-Feb	Saturday	SSC HS Invite/GLD JNQ*	Ishpeming (Al Quaal)	x	x
2-Feb	Sunday	SSC HS Invite/GLD JNQ*	Ishpeming (Al Quaal)	x	x
15-Feb	Saturday	MI State HS Championships	Traverse City, MI	x	x
16-Feb	Sunday	MI State HS Championships	Traverse City, MI	x	x
21-Feb	Friday	Jr. Birkie***	Cable/Hayward, WI	x	
22-Feb	Saturday	American Birkebeiner***	Cable/Hayward, WI	x	
March-14					
1-Mar	Saturday	US Junior Nationals	Stowe, VT		x
8-Mar	Saturday	US Junior Nationals	Stowe, VT		x
7-Mar	Friday	NENSA J2 Championships	Ripton, VT		x
9-Mar	Sunday	NENSA J2 Championships	Ripton, VT		x
9-Mar	Saturday	Great Bear Chase/Jr Bear***	Calumet, MI	x	

* Junior National Qualifying Event (GLD=Great Lakes Division; MW=Midwest Division)
x Mandatory Event
 *** Limited coaching support

The Superiorland Cross Country
Ski Club presents:

The Ski Swap!

Sat., Nov. 9, 2013

Holiday Inn, Marquette

**Sell Used Cross Country Ski Gear,
Buy "New To You" Equipment!**

9-11 a.m.: Drop-Off Used Gear & Clothing

**11:15-11:30 a.m.: Early entry for club
members or early bird
tickets available at the
door.**

11:30 a.m.-1:30 p.m.: General Public Sale

1:30-2:30 p.m.: Pick up Unsold Gear

20% commission to the Superiorland Ski Club with all proceeds benefiting
Ski Club Youth Programs. For information call: Deb at 362-4463.
Become a ski club member at www.superiorlandskiclub.com

Superiorland Ski Club



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