

Superiorland Cross Country Ski Club



www.superiorlandskiclub.com

From the President:

2011-2012

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One of the things I start to look forward to at this time of year is the first big snowstorm of the season. I can't wait to see the snow coming down hard, piling up against doors and windows, and covering pine branches in that beautiful way we all know and love. Those are the good storms.

The wind and rainstorm we experienced on September 29th was altogether another story. With sustained winds over 40 mph for 36 hours, and gusts over 60 mph, it was a damaging storm. And it couldn't have come at a worse time (okay, maybe race day would have been worse) for the Ski Club's major fundraising event, the Lake Superior Shore Run, which was to be held just two days later. You can imagine the number of trees and limbs down on the trail on a half marathon course!

I'm pretty sure most events would respond by changing the course. Instead, on Saturday morning, runners were greeted by a full course where innumerable trees and limbs had been cut and removed from the trail. All morning I heard compliments and amazement that the course was in good shape considering the extent of the storm's damage.

So, I want to recognize the hard work and volunteer work ethic of Sten Fjeldheim, Greg Nelson and Dan Wiitala, who spent hours and hours removing downed trees and branches and marking the course. Their generous contribution of time and effort saved the day. The race would also not have happened without the hours of work by race director Kara Graci. She and the always helpful Dennis Whitley led the charge throughout the event planning and on race day. Many other volunteers made the race a success, so thank you all! And we are grateful to all the sponsors of the race that made it a successful fundraiser! It was truly a beautiful day to be a Superiorland Ski Club member, and reminded me how our club is built on volunteerism.

As a Superiorland Ski Club member, you should be aware of some recent changes in the club. After many years of affiliation with the ski club, the Noquemanon Ski Marathon is now independent of the ski club. The result of this change is that the club is now solely focused on the mission of supporting and encouraging cross country skiing in our area, with its main emphasis being youth skiing. So, when you renew your club membership or join the club for the first time you are directly supporting youth skiing and the development of skiing in our area. With the ski marathon now separate from the ski club the Lake Superior Shore Run is now the club's biggest fundraiser, making your support, energy and ideas more important to the club's success than ever. The club runs great youth ski programs, which can become the best if we all work together, giving our time, expertise and support. The opportunities to do this are endless, and here's where our emphasis on volunteerism comes in. Here are just a few examples:

- Join SSC or renew your membership. This helps support our youth programs for skiers ages 5-18.
- Consider giving an extra donation that will directly support the club's youth programs.
- Help kids enjoy skiing by volunteering with Ski Cats, Adventure Club, Prep Team, or Race Team.
- Volunteer to help with the Junior Noque ski race.
- Buy and/or sell your used ski equipment at the club's annual ski swap on November 12th.
- Become a Race Team sponsor to help with travel expenses, equipment needs and coaching.
- Think about where your interests and talents might otherwise help the club.

Again, thanks to all the volunteers and sponsors who made this year's Shore Run a success! See you on the trails this fall, and this winter after that first fantastic snowstorm!

—Tom Wagner, Club President

SSC to benefit from Econo Foods We Share Program

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. There will also be a collection box at the Ski Swap on November 12th at the Holiday Inn, Marquette.

The Marquette Senior High School Cross Country Ski Team will be bagging groceries at Econo Foods on Saturday November 5, 2011. Shoppers may donate to the team in the collection bucket at the door and/or leave their receipt for the team. One percent of the receipt totals will be donated by Econo Foods to the MSHS Cross Country Ski Team! Thank you, Econo Foods! We appreciate your generous support for SSC!



Looking Down the Trail...

- Oct. 25** Tuesday, Down Wind Sports Club Night, Marquette
- Oct. 26** Wednesday, MSHS Nordic Race Team Kick-off Meeting
7:30 pm MSHS Little Theater
- Nov. 5** Saturday, HS Team Fundraiser: Bagging at Econo Foods
- Nov. 7** Monday, Prep Team Information Meeting
7 pm Bothwell Middle School
- Nov. 10** Thursday, Sports Rack Club Night, 4-8 pm Marquette
- Nov. 12** Saturday, Superiorland Ski Club Annual Ski Swap
11:30 am Holiday Inn, Marquette
- Nov. 14** Monday, SSC Meeting 7 pm PWPL, Marquette
- Dec. 2** Friday, Noquemanon Trail Network *Snowball*
- Dec. 6** Tuesday, Sports Rack Beginner Wax Clinic
- Dec. 8** Thursday, Sports Rack Advanced Wax Clinic
- Dec. 12** Monday, SSC Meeting 7 pm PWPL, Marquette
- Jan. 8** Sunday, Adventure Club and Ski Cats begin
- Jan. 28** Saturday, Noquemanon Ski Marathon
Ishpeming/Negaunee to Marquette

Mark your calendar so you don't miss a thing!

Questions? Call Debby Muskovitch, 362-4463, for Answers!

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.

SSC: The 411

The Superiorland Ski Club has elected a new Board of Directors and promulgated a mission statement:

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.

Over the past year, the Noquemanon Ski Marathon and Ore to Shore cycling race left the umbrella of the SSC and are now events of the Noquemanon Trail Network program. While this means a significant financial loss to SSC, it frees SSC up to focus more on getting people out skiing and less on those events. The SSC will happily continue to put on the annual Shore Run, a big hit in early October with nearly 400 runners. We would like to increase programming for adults and families while continuing to support our learn-to-ski programs and our fun Wednesday night relays, ski and bike swaps, wax clinics, and socials. Currently, we run four ski programs for kids ages 3-18 and their families. These include:

- Ski Cats —the wildly fun program for 3-12 year olds
- Adventure Club — the best recreational ski program for teens anywhere
(complete with hot cocoa after most skis!)
- Prep Team — for pre-teens and teens interested in refining technique, skiing often,
and (optional) prepping for competition
- Nordic Racing Team — for MSHS students and other high school age youth—those learning
to ski and experienced skiers looking for top-notch support for competition training
- Junior National Racing Team — for juniors ages 14 - 19 seeking to qualify and
compete at USSA national competitions

If your passions, like ours, are getting kids and families outdoors skiing, getting fit, and having fun, please support SSC directly. The organizational changes have taken a financial toll and we really need youth-program ski supporters to step up for kids and the Superiorland Ski Club. Feel free to make a donation to SSC, of money or of useable equipment for the youth programs. And you are welcome to contact any Board member to discuss how you can benefit youth skiing in Marquette County.

www.superiorlandskiclub.com

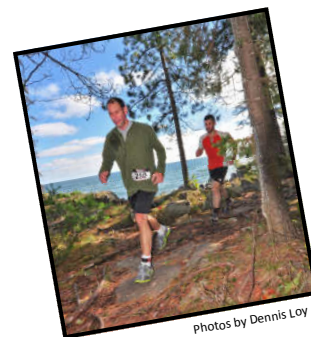
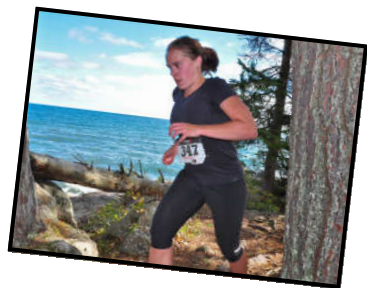
Fun ° Fitness ° Friendship

We are revamping the club's official website to make it *the* place to go when looking for information about ski club programs/race results/photos/updates/forms for membership, youth programs, race entries/useful links—in short, “anything and everything SSC!” The SSC Board hopes the website will be an easily accessible way to stay updated on the club's activities. We can highlight team and individual accomplishments and provide tips and training information to help you improve your skiing experience! This is all still in the works, but keep checking the website to see what's been added and enhanced!

You can also check out www.superiortiming.com to see complete Shore Run results.

Shore Run

The Beautiful Shoreline of Lake Superior... a Perfect Backdrop!



Photos by Dennis Loy

The 17th Annual Bell Medical Lake Superior Shore Run on October 1st was a tremendous success again this year! It is the Superiorland Ski Club's main fund-raiser. Proceeds defray the costs associated with our youth ski programs. More runners than ever before took part. The field grew to **390 runners** for the half marathon and 5k runs. SSC especially appreciates the teams who came out in force: NMU Nordic Ski Team, Marquette Sentinals Pee Wee AA, Ishpeming Middle School Cross Country, NMU Apartments, the Crowd Pleasers, and Blackrocks Brewery and Da Bomb.

The weather on race day was perfect, and the trails were in great shape, despite a severe storm 36 hours earlier that littered the course with fallen trees, branches, and smaller debris. Our trail crews, led by the toil and determination of Greg Nelson, Sten Fjeldheim, and Dan Wiitala, did a fantastic job clearing the path, and everyone truly appreciated being able to carry on with the race.

Local runner Ricardo Alvarez won the men's long race with a time of 1:11:55.9, and NMU skier Kjell-Christian Markset of Marquette was second at 1:12:39.3. NMU teammate Martin Banerud, also of Marquette, was third with a time of 1:14:46. On the women's side it was Olympian Lindsey Dehlin of Marquette finishing first in the long race with a time of 1:35:45.2, followed by Ashlee Vincent of Houghton in 1:38:04.2 and Danielle St. Onge of Marquette in 1:41:02.

In the 5K race, Marquette's Brett Conklin finished first on the men's side with a time of 18:32. NMU skier Marie-Helen Soderman finished first on the women's side with a time of 20:47.8.

A total of 31 youth ran in the free one kilometer run. Aydin Frost of Skandia finished first on the boy's side, while Ahnika Puskala of Marquette finished first on the girl's side.

For complete results of all of the races, visit www.superiortiming.com.

We would like to thank Kara Graci, Race Director for a second year, who is now stepping down. We appreciate her dedication to the event over the past several years. We also gratefully acknowledge the members of the Shore Run Committee: Deb Muskovitch, Claire Twohey, Pam Fjeldheim, Jill Zueger, Greg Nelson, Dennis Whitley, and Sam Graci.

Volunteers are the backbone of any event of this nature, and we thank them all, especially these volunteers who played key roles: Jennifer Argeropoulos, Greg Casperson, Nikki Dewald, Becca Edwards, Elise Edwards, Julius Free-land, Chelsea Farquhar, Ingrid Fjeldheim, Kelley Galloway, Joey Graci, Katie Granquist, Steph Grajek, Karin Heidleberger -Bell Medical trainer, Olivia Howard, Aubrey Jacobson, Jane Jacobson, Mark Jacobson, Morgan Johanson, Joy Johnson, Carol Johnston, Olivia Junttila, Keith Kepler and Friends, Kristy Kerkela-Bell Medical trainer, Jess Laxo, Deb and Dennis Loy, Deborah Mulcahey, Kelsey Noah, Peter Ollila, Jessica Parker, Sue Perry, Zachary Perrigo, Neil Polgese, Jenny Ryan and the NMU Runners, Spencer Schott, Kim Smith, Ursula Stock, Todd Theoret, Meghan Trombley and Superior Edge Volunteers, Tom Wagner, Dylan Wiesenbaum, Paul and Kathy Wright and Family, and Myra and Paul Zyburt.

The support of our superior sponsors, including the **title sponsor Bell Medical**, was essential and we are very grateful. In addition to Bell Medical, sponsors included: Orthopaedic Surgery Associates of Marquette, Pride Printing, Great Lakes Chiropractic Center, North Jackson Company, Northern Star Pathology, Jim Gallagher DPM-Podiatrist, Downwind Sports, Sports Rack Ltd., Switchback Gear Exchange, Norway Springs, Q107-WMQT, WLUC TV6, The Mining Journal, Vasque, Clif Bar, and Hammer Nutrition.

Keep Runnin'! Keep Smilin'! See You on the Trails!



—Dennis Whitley

Youth Programs

Hello, Ski Cats Families!

...Don't worry, Ski Cats doesn't start yet, but we are in the planning phase for the coming season, and we are planning some *exciting changes and additions* for this year!!

We are going to have involvement from NMU for coaches' training and, we hope also some additional coaches on the snow. We are planning on shortening the sessions to 6 Sundays (instead of the previous 8). We have some fun ideas for a journal to record exercise and see progress throughout the season. And we are tossing around the idea of changing the locations so that we can ski at the Blueberry Ridge trails, the Fit Strip (located in the heart of Marquette) and Forestville.

We would love to have your input about how we can improve the Ski Cats program. Your fresh ideas and insight as parents will help us to meet your expectations and our own for a truly awesome experience for the kids! In the near future, we will email, and post on the website, a date, time, and location for a planning meeting. You are all invited! *More on that soon!*

Please contact me if you know your family is interested in doing Ski Cats this year. Also, if you coached last year, I ask you to contact me to let me know whether or not you are still interested in coaching. And we welcome anyone to give coaching a try! You DO NOT have to be an expert skier to coach Ski Cats! :)

We are going to have a great year and hope to see ALL of you back again! *Happy Fall!*

—Megan Dixon, Ski Cats Coordinator
dixonmegan@hotmail.com

Prep Team for Tweens and Teens

SSC will again organize and form a "prep" team for skiers ages 10 - 14. The vision for the Prep Team is to meet as a group 3 times/week during the season to focus on ski technique, distance skiing, and speed. Our goal will be to improve in all those areas and compete at young junior racing (youth to USSA age group J3) and junior citizen races such as the Jr. Noque. The prep team will also include some preseason fitness training modeled after the same workouts that the older juniors and MSHS teams do - to prepare these younger skiers for what it takes to get in shape to make skiing faster and funner! :-)

An information and organizational meeting will be held at
Bothwell Middle School, Monday, November 7 at 7pm

Please contact Dan Wiitala at 906-362-4462, or email at dwwiitala@gmail.com for more information.

Youth Programs

MSHS Race Team Shaping Up Nicely

Athletes from other schools can join!

The MSHS race team is in good shape after a summer of solid training. We were able to meet four days a week. The training was a mix of distance, intensity, strength, and plyometrics. Sessions were done both on foot and rollerskis. Assisting me were club president Tom Wagner, and Zach Wagner, a Gustavus college team skier.

With the fall upon us, most team members are competing in a fall school sport, the most popular being soccer and cross country. A handful of athletes have opted to skip fall sports to focus on skiing. Unofficial fall practices have been meeting three times a week. The training is similar to what was done this summer, except the intensity and specificity have been increased.

As our veteran team members mature and progress, they've piqued the interest of many of their peers, resulting in a swelling of our ranks. ***We think this will be our largest and strongest team in years!***

The race team is open to anyone of high school age that has a desire to learn how to ski and be competitive in ski racing, regardless of ability or of which school they attend. **Teens not attending Marquette Senior High School can join the race team as a "club" member.**

Opportunities abound within the team framework. Skiers will be competing in races across the region, aiming for the state championships which will be held in Houghton this year. Top race team athletes will also be attempting to qualify for the junior nationals to be held at Soldier Hollow in Utah.

There will be an informational meeting about the MSHS Nordic Race Team on Wednesday, Oct. 26th, at 7:30 pm in the MSHS Little Theater. If you are unable to attend the meeting, please feel free to contact me at joe@gracidesign.com, 906-235-0294.

MSHS Nordic Race Team Kick-off

Oct. 26th -- 7:30pm

MSHS Little Theater

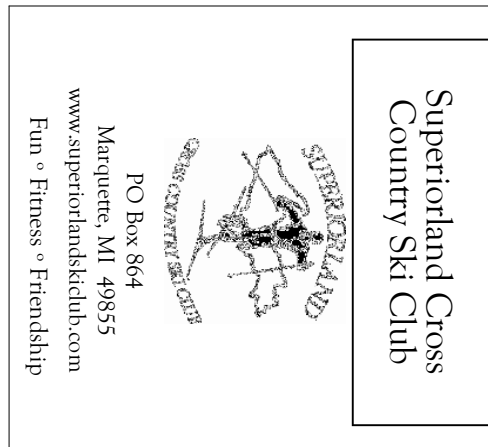
The Marquette Senior High School Cross Country Ski Team participated in a fundraising opportunity, working the concessions stand for the MSHS Junior Varsity football game on Thursday September 8, 2011. Thanks to Bethany Wright, Blake Murray, Paul Zyburt, Myra Zyburt, Andrew Twohey and Claire Twohey for volunteering! The team will receive \$100 from the MSHS Booster Club for MSHS Cross Country Ski Team expenses.

MSHS/SSC Junior Nordic Race Team Schedule	MSHS	SSC - JO	SSC - Prep
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25-Oct	Tues.	Downwind Sports SSC Night	Marquette	x	x	x
26-Oct	Wed.	MSHS Nordic Info Meeting	MSHS Little Theatre	x		
1-Nov	Tues.	Start Dryland/Rollerski Training	varies	x	x	
7-Nov	Mon.	SSC Prep Team Info Meeting	Bothwell MS			x
10-Nov	Thurs.	Sports Rack Club Night	Marquette	x	x	x
12-Nov	Sat.	SSC Ski Swap	Holiday Inn, MQT	x	x	x
29-Nov	Tues.	Mandatory Team/Parent Meeting	MSHS	x	x	
10-Dec	Sat.	USSA Season Opener*	Ironwood, Mich.	x	x	x
11-Dec	Sun.	USSA Season Opener*	Ironwood, Mich.	x	x	x
26-Dec	Sun.	SSC Holiday Ski Camp	Marquette	x	x	x
27-Dec	Mon.	SSC Holiday Ski Camp	Marquette	x	x	x

2-Jan	Mon.	US Nationals	Rumford, ME			
8-Jan	Sun.	US Nationals	Rumford, ME			
7-Jan	Sat.	Giants Ridge Invite	Biwabik MN	x		x
14-Jan	Fri.	GLD JOQ*	TC/Petoskey, MI		x	
15-Jan	Sat.	GLD JOQ*	TC/Petoskey, MI		x	
21-Jan	Sat.	Central SuperTour*	Minneapolis, Minn.		x	
22-Jan	Sun.	Central SuperTour*	Minneapolis, Minn.		x	
27-Jan	Fri.	Jr. Noque	Marquette, MI	x		x
28-Jan	Sat.	Central SuperTour*	St Paul, MN			
28-Jan	Sat.	Noquemanon Ski Marathon	Marquette, MI	x		x
29-Jan	Sun.	Central SuperTour*	St Paul, MN			
11-Feb	Sat.	CCSA Conference	Houghton, MI			
12-Feb	Sun.	CCSA Conference	Houghton, MI			
18-Feb	Sat.	MI State HS Championships	Houghton, MI	x	x	x
19-Feb	Sun.	MI State HS Championships	Houghton, MI	x	x	x
18-Feb	Sat.	NCAA Regionals	Ishpeming, MI			
19-Feb	Sun.	NCAA Regionals	Ishpeming, MI			
24-Feb	Fri.	Jr. Birkie***	Cable/Hayward, WI	x		x
25-Feb	Sat.	American Birkebeiner***	Cable/Hayward, WI	x		x
4-Mar	Sun.	US Junior Nationals	Soldier Hollow, UT		x	
11-Mar	Sun.	US Junior Nationals	Soldier Hollow, UT		x	
10-Mar	Sat.	Great Bear Chase/Jr Bear***	Calumet, MI	x		x

x Mandatory Event



The Superiorland Cross-Country
Ski Club Presents:

The Ski Swap

Saturday, November 12, 2011

Sell your used Nordic ski gear

Buy "new to you" equipment

9-11am: Drop Off

11:15am: Early Entrance for Ski Club
members only!

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

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

Location: Holiday Inn, Marquette

15% Sales Commission to Superiorland Ski Club with
all proceeds benefiting Ski Club Programs

For information Call: Deb at 362-4463

Become a ski club member!

www.superiorlandski.com