

# Superiorland Ski Club


[www.superiorlandskiclub.com](http://www.superiorlandskiclub.com)

## From the President:

2014/2015

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### Ski Coach Joey Graci

Joey Graci has been coaching our club's junior racers for the past six years. During that time he has coached our High School team to state championships, coached many juniors to great results at state championships, and helped many of our skiers to qualify to ski at the Junior National Championships, where they have represented our club very well. Unless you have been somehow in the loop of the junior and high school racing scene locally you may not be aware of Joey's work with our young skiers. First off, if you're around Joey coaching for a while you'll notice the "Joeyisms" that all the kids know and love, many of which include teasing them about their technique or how bad they are at waxing, saying "dude" periodically, and being relaxed in even the most stressful race situations.

A more complete picture of Joey's coaching style is apparent from the stories of a few of the skiers he's coached over the years.

Ellen Wiitala: "I think that the best words I have about Joey are that all the kids loved him. He led by example (seriously beautiful technique....if we could all mimic him perfectly we would win State every year), and was never overbearing in any way. He was super easy-going, as I'm sure you know, but still made it clear that he wanted us to race hard and race fast. The best pre-race advice Joey ever gave me was, 'If you look good, you feel good,' accompanied by a good natured smile that made you feel like you were ready to race."

Logan Zueger: "I was cranking down on the mountain bike at this year's Ore to Shore, gutting my way up Kirby's Hill. I made it halfway up when a screaming person started violently ringing a bell in my ear, running next to me yelling, 'G-o-o-o, L-o-g-a-n, G-o-o-o!' I recognized the monotone voice immediately and knew it was none other than Coach Joey. The last thing I heard as I climbed the final part of Kirby's was Joey's, 'Yaaaa Buddy!'"

Zach Wagner: "Joey began helping coach the Superiorland Ski Club Race Team my senior year of high school. As a racer, I learned a handful of skiing tips from Joey, such as getting my hands high when skating at speed and extending my glide when classic skiing. However, now as a high school coach and ski instructor myself, I realized I learned more than just technique or proper kick wax procedure ("thin to win, dude"). I learned that to be a good coach for a group of excitable, energetic and sometimes squirrely teenagers you really have to get to know them. Joey could push the older guys by joking that our technique was bad and we were hopeless when it came to waxing, but he could also help and encourage the most inexperienced young racers. I'm glad I had the chance to be coached by Joey. I definitely think of my time on the team as I learn how to relate to high-schoolers again. A huge thanks to Joey Graci for the time he put in coaching the ski team. The drives are long and there are always more skis to wax but he was always there getting it done. Good luck to the team this year! See you at Mesabi!"

Joey has decided not to coach this year, so I want to say thank you, Joey, for all your hard work creating good skiers who love the sport. You have been a very important part of the Superiorland Ski Club's work and you will be missed. We all hope to see you on the trails this winter!

Tom Wagner, Ski 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](mailto:cps2e@aim.com) to arrange drop-off. Thank you Econo Foods for your generous community support!



### ***Mark your calendars for:***

**Nov. 22, Saturday, SSC Ski Swap**

**Nov. 25, Tuesday, Down Wind Sports SSC Club Day at  
Down Wind Sports, all day**

**Nov. 26, Wednesday, Sports Rack SSC Club Day at  
Sports Rack, all day**

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.***

# The Building of the Blueberry Ridge Warming Hut has Begun

The building of the Blueberry Ridge Warming Hut has commenced! The Club, along with the DNR and Sands Township, is heading up the process to finally have this hut become a reality. Soon everyone will have a warm hut to share while enjoying winter activities and skiing at the DNR Blueberry Ridge Trails. This building will be located at the lighted loop parking area. GE Builders has been awarded the bid from Sands Township and the DNR to build the hut. Dan Perkins has generously donated a metal roof. Sands Township received a Land Water Conservation Grant which was finalized this summer to help pay for this hut. Along with this grant and generous donations from Cliffs Natural Resources, the Superiorland Ski Club, River Valley Bank, Dan Perkins, Border Grill, Closner Construction, Ace Hardware, the Kiwanis Club of Marquette, the Marquette West and Noon Rotary, and individuals, we are able to see this hut to fruition. The Blueberry Warming Hut committee is very grateful and thankful for all of the support received thus far. Enclosed in the newsletter is a donation envelope. Please consider a donation to help build and maintain this building. (If you have already made a donation, thank you! Please pass this envelope along to someone else who might be interested in making a donation too.)



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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](http://www.superiorlandskiclub.com).

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# Wildcat Loop Trail Improvements



There have been several changes made to the Blueberry Ridge trails this fall, both on the Wildcat Loop. The trail realignments will ski much better and be easier to groom. The bulldozing is nearly completed, and the DNR did a fantastic job! The first change is around the 1.5K mark once you start skiing the Wildcat Loop. It's a small change on a sharp, right hand 90 degree turn. The sharpness of the turn has been transformed into a more gradual right hand turn that will allow you to maintain your speed into and through the corner.

The second change is only several hundred meters farther down the trail, and is a much more substantial trail shift you're going to love. The fast downhill on the Wildcat

New trail rejoins old out of Wildcat Loop that ended with the "head wall uphill" is now gone! Instead of heading down the fast downhill you will now start heading down the hill, then make a gradual widely sweeping right hand turn, finishing straight up into a very nice, skiable grade that rejoins the hill out of the Wildcat Loop at the middle of the existing trail. In other words, instead of flying down a hill and cranking a sharp right hand turn into the "head wall," you will be able to bring your speed into a much more skiable uphill and enter a more sustained climb. This is a very nice change!

On another topic, the logging is finished for now. Nothing was clear-cut, and many of the Superiorland Ski Club members worked with the DNR to ensure minimal impact to the trail system we all love and enjoy. There will be some trail restoration work going on all through the fall: the trail bed needs some TLC, seed, mulch, and clipping of roots. If you're headed out to Blueberry Ridge for a walk or run, bring along a pair of clippers and feel free to clip roots and toss downfalls to the side of the trail. Everyone owns this trail, so let's keep it as ready for early snow as possible!

See you on the trails. Think snow!

Sten Fjeldheim



New climb out of Wildcat Loop



# 20th Annual Lake Superior Shore Run

September 27, 2014 was the 20th running of the Lake Superior Shore Run. Holy wah! It was a good day! The sun was shining and the weather was perfect. We had more than 220 runners participate in the 5K, half marathon, and kids' 1K race. Smokey Bear even made an appearance!

We'd like to send a special thank you to all the volunteers who helped out, as we couldn't put on such a great race without folks like you! From those who helped mark the course, set up the aid stations, and helped to hand out the racer bags at packet pick up, give yourself a big pat on the back- you deserve it! Also, don't forget to go and support all our great local sponsors: Advanced Center for Orthopedics, Eagle Mine, Upper Peninsula Health Group, Lower Harbor Family Dental, Marquette County Visitor Bureau, Bell Hospital, Pride Printing, Border Grill, Ore Dock, North Jackson Company, and Northern Michigan University. They recognize the importance of local youth cross-country skiing programs, and deserve our support in return. Once again we would like to thank the XTERRA Trail Run Series which the Lake Superior Shore Run is a part of, and the national sponsors that go along with this: Power Bar, Paul Mitchell, Lifeproof, Choice Hotels International, Muscle Milk, and Gatorade. Our partnerships with XTERRA and Northern Michigan University have been very successful, and we hope to continue with them. Thank you all for a great event, and see you next fall.

Tara Laase-McKinney

Director, Lake Superior Shore Run



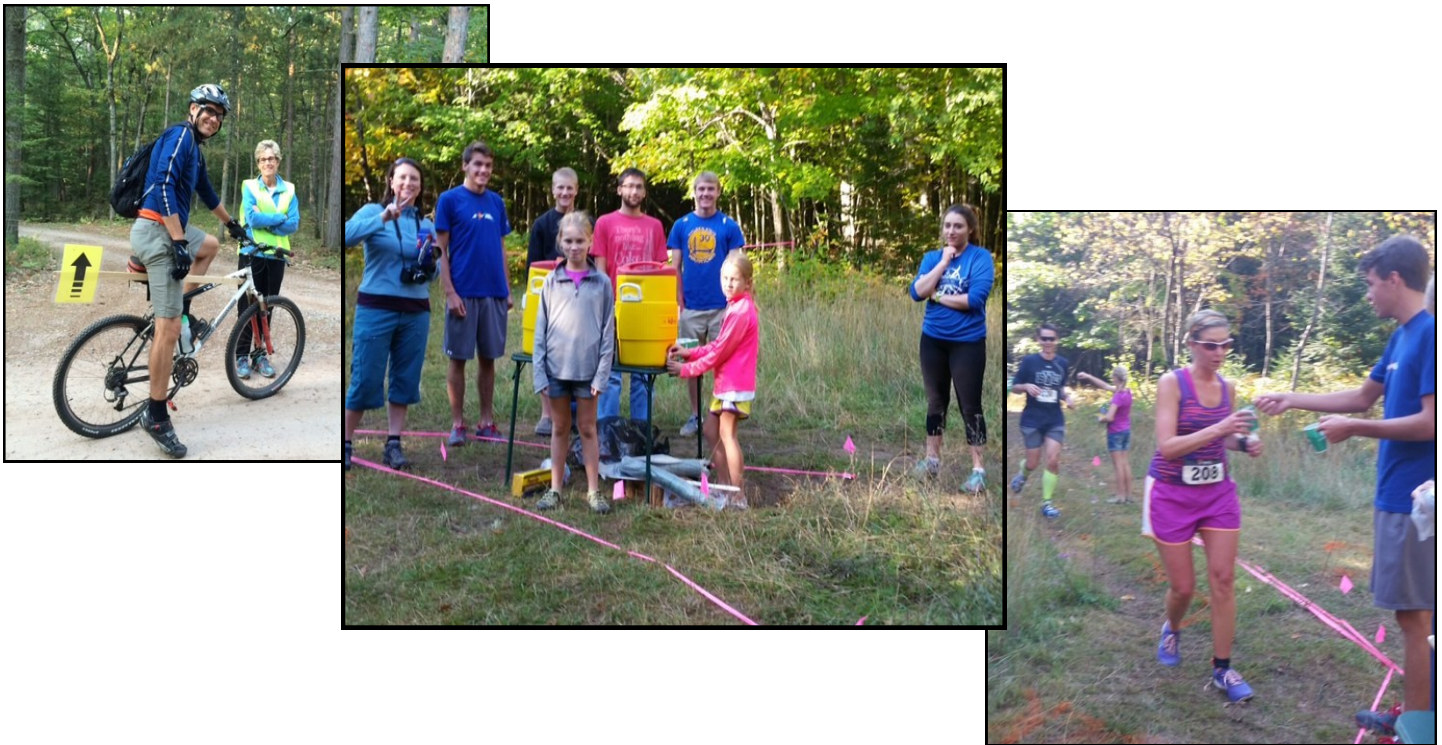
# MSHS Nordic Ski Team Update

Hello Marquette skiing families! With the colder temps it's hard not to think about the coming ski season scheduled to get underway. Dryland practices started November 3rd. As many of you remember, last season MSHS's Nordic Ski Team introduced two new coaches, Richard Ziegler and me, and I had a whole lot of fun! Some highlights for me were watching everyone hammer out some tough intervals on the backside of Marquette Mountain, Wednesday Night Relays at the Fit Strip, and traveling to Mesabi, Junior Nationals, and Traverse City where Marquette had a great turnout at State Championships. Time spent with the team is always a good time, be it helping out at the ski swap or getting wax dialed in before races, which is why I am extra-excited to continue coaching this season. This coming season is an exciting one, with Senior Nationals being held at Michigan Tech's trails. We have the opportunity to watch world-class skiers basically battle it out in our backyard! I know for me racing at Senior Nationals the last time they were held in Houghton proved to be such a positive experience it essentially made me make the decision to move to the U.P. and ski for NMU. Hopefully, this year proves to be more of the same for our team as we gear up for another ski-filled winter!

Karmen M. Whitham, MSHS Nordic Ski Coach

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## 20th Annual XTERRA Lake Superior Shore Run



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Fun ° Fitness ° Friendship



# New Race Series for Prep Team, for All

We have some exciting new plans for the SSC Prep Team this year. SSC will be adding a Club race series to our schedule. We plan to host 4 races throughout the season as shown on the schedule below. Despite the fact that Marquette is blessed with snow and ski trails, it can be difficult for young skiers to compete throughout the winter. Local races can be an important development tool for skiers looking to get to the next level. It is also an opportunity to have some fun and see how you stack up against your friends. The last race of the season will be at Suicide Ski Hill. This venue has been a perennial favorite amongst prep team skiers and has been the site of the end-of-the-season prep team party. The Ishpeming Ski Club has done a great job of building a ski cross/ terrain park course that challenges skiers' skills to the max. We hope to see many returning and new skiers come out for this season!

## 2015 Marquette Nordic Race Series

(Series to provide racing opportunities for Prep team, HS team, citizen racers)

<u>Venue</u>	<u>Date</u>	<u>Race length</u>
Forestville	Tues Jan 6	3K SK
Blueberry	Tues Jan 13	3K SK
Al Quaal	Tues Feb 3	3K CL
Suicide Hill	Tues Feb 24	3K CL or SK and/or ski park races
<ul style="list-style-type: none"> <li>• 1st: 35 points</li> <li>• 2nd: 31 points</li> <li>• 3rd: 28 points</li> <li>• 4th: 25 points</li> <li>• 5th: 22 points</li> <li>• 6th: 20 points</li> <li>• 7th: 19 points 8th: - 25th: 18 -1 points</li> </ul>		

Race sign-up starts at 4:00 pm. Races start at 4:30 pm. Race venues and length are subject to change.

### Categories (Best 3 out of 4 races will be scored)

U14 Male, U14 Female, U18 Male, U18 Female, Adult Male, Adult Female

# Superiorland Ski Cats on the Trails!

My name is Candy Kozeluh, and I am the new Ski Cats coordinator this year. Many of you may remember me from last year when I coached the 5-7 year olds. I am so happy to be joining in again on the Ski Cat fun as coordinator. I hope to see many of the same faces from last year, and new ones as well.

We are excited for the coming of snow and ski season! Ski Cats is a fun way to teach your children how to ski, whether they have some experience or have never even been on skis. This a great entry point into the sport, and will foster a love for skiing that will last a lifetime. By playing games, socializing with other children, and group skiing, children learn the very basics of skiing dynamics. We offer rental equipment for small skiers and split up into groups by age. We meet every Sunday afternoon at either the Blueberry Ridge or Forestville Trailhead. The program is open to parents, grandparents, and family members who want to ski along with their young children. As always, we are looking for volunteers to help out, so please select what you would like to do on the sign up brochure. After each practice join us for hot cocoa and donut holes, and warm up in the new warming hut.

Thank you!

Candy Kozeluh

## Wednesday Fit Strip Relays Start January 7

Hello fellow skinny skiers!

Well, here we are again, with the chilly evenings, some random frost at times, and our first sight of snow on the ground. These are certainly early signs of our favorite season. We are planning again to have the Wednesday Relays at the Fit Strip trails beginning on Wednesday, January 7th at 6:00 p.m. We are planning on having the same 3-skier team format with some fun versions of both classic and skate relays. If you have any questions or comments, please feel free to call.

See ya on the trail!

Greg Nelson

362-4445



# 2014~2015 Race Schedule

MSHS/SSC Junior Nordic Racing Team 2014-2015 Schedule				MSHS	SSC - JN	SSC - Prep
Date	Day	Event	Location			
<b>October-14</b>						
29-Oct	Wednesday	MSHS Nordic Info Meeting	MSHS Little Theatre	x		
<b>November-14</b>						
3-Nov	Monday	Start Dryland/Rollerski Training	varies	x	x	
5-Nov	Wednesday	SSC Prep Team Info Meeting	Bothwell MS, Marquette			x
22-Nov	Saturday	SSC Ski Swap	Holiday Inn, Marquette	x	x	x
25-Nov	Tuesday	Downwind Sports SSC Night	Marquette	x	x	x
26-Nov	Wednesday	Sports Rack Club Night	Marquette	x	x	x
<b>December-14</b>						
3-Dec	Wednesday	Mandatory Team/Parent Meeting	MSHS	x	x	
20-Dec	Saturday	MW/GLD JNQ*	Houghton, Mich	x	x	
21-Dec	Sunday	MW/GLD JNQ*	Houghton, Mich	x	x	
29-Dec	Monday	SSC Holiday Ski Camp	Marquette	x	x	x
30-Dec	Tuesday	SSC Holiday Ski Camp	Marquette	x	x	x
<b>January-15</b>						
4-Jan	Sunday	US Nationals	Houghton, Mich		x	
10-Jan	Saturday	US Nationals	Houghton, Mich		x	
10-Jan	Saturday	Giants Ridge Invite	Biwabik MN	x		
18-Jan	Saturday	Telemark JNQ (GLD/MW)*	Cable, WI	x	x	
19-Jan	Sunday	Telemark JNQ(GLD/MW)*	Cable, WI	x	x	
23-Jan	Friday	Jr Noque	Marquette, MI	x		x
24-Jan	Saturday	Noquemanon Ski Marathon	Marquette, MI	x		
31-Jan	Saturday	Boyne Mountain GLD JNQ*	Boyne Falls, MI	x	x	
<b>February-15</b>						
1-Feb	Sunday	Boyne Mountain GLD JNQ*	Boyne Falls, MI	x	x	
14-Feb	Saturday	MI State HS Championships	Houghton, Mich	x	x	
15-Feb	Sunday	MI State HS Championships	Houghton, Mich	x	x	
21-Feb	Friday	Jr. Birkie***	Cable/Hayward, WI	x		x
22-Feb	Saturday	American Birkebeiner***	Cable/Hayward, WI	x		
<b>March-15</b>						
7-Mar	Saturday	Great Bear Chase/Jr Bear***	Calumet, MI	x		x
8-Mar	Sunday	US Junior Nationals	Truckee, CA		x	
14-Mar	Saturday	US Junior Nationals	Truckee, CA		x	
13-Mar	Friday	NENSA U16 Championships	Fort Kent, ME		x	
15-Mar	Sunday	NENSA U16 Championships	Fort Kent, ME		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. 22, 2014**

**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**

**1:30-2:00 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](http://www.superiorlandskiclub.com)

Superiorland Ski Club



PO Box 864  
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