

# Superiorland Ski Club



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

## From the President:

### Club Membership

#### Board of Directors

Tom Wagner,  
President  
[wagnert60@gmail.com](mailto:wagnert60@gmail.com)

Dan Wiitala,  
Vice President  
[dwiitala@northjacksonco.com](mailto:dwiitala@northjacksonco.com)

Pam Fjeldheim,  
Secretary  
[pamfjeldheim@hotmail.com](mailto:pamfjeldheim@hotmail.com)

Debby Muskovitch,  
Treasurer  
[debby@northjacksonco.com](mailto:debby@northjacksonco.com)

Sten Fjeldheim  
[sfjeldhe@nmu.edu](mailto:sfjeldhe@nmu.edu)

Candy Fletcher  
[Candy49855@yahoo.com](mailto:Candy49855@yahoo.com)

Mikael Kilpela  
[m\\_kilpela@yahoo.com](mailto:m_kilpela@yahoo.com)

Doug Kozeluh  
[Dwkozeluh@gmail.com](mailto:Dwkozeluh@gmail.com)

Claire Twohey  
[cps2e@aim.com](mailto:cps2e@aim.com)

Kay Rambo  
[Krambo2@msn.com](mailto:Krambo2@msn.com)

Kathy Wright  
[coffeeandredwine@gmail.com](mailto:coffeeandredwine@gmail.com)

Richard Ziegler  
[Geo\\_logical2@hotmail.com](mailto:Geo_logical2@hotmail.com)

Jill Zueger  
[Zuegerj@yahoo.com](mailto:Zuegerj@yahoo.com)

Steve Kuhl  
[sgkuhl@gmail.com](mailto:sgkuhl@gmail.com)

Cara Lee Patmore  
[waterbugz@msn.com](mailto:waterbugz@msn.com)

In this newsletter you'll read about what the ski club has been doing this past winter and what we've got going on in the upcoming months. The club has put a lot of kids on skis, coached a great group of kids in middle and high school, and put on fun and successful events—the Lake Superior Shore Run, the Bike Swap, the Junior Noque, and the Ski Swap.

Given this, I would like you to consider a question. Why should you be a club member and support our activities? The primary reason for the club is to provide high quality cross country ski programs for youth. By doing so, we create passion for an outdoor lifestyle among kids and families. By participating in the club's programs kids and their families have fun by doing one of the healthiest sports available. In our programs kids can be part of a group learning a lifelong sport that takes advantage of our area's wonderful environment.

So, for those of you who are current club members, thank you for your continued support! If you aren't a current club member please consider being part of the club. The more members we have, the more we can accomplish! You'll enjoy being part of an enthusiastic group of active people.

In addition, it takes many volunteers to make sure our programs and events are successful. Volunteering for one of our programs or events is a chance to make our area an even better place to live and ski.

Finally, our major fundraising event is the Lake Superior Shore Run on September 19th. This trail running race is in the beautiful Little Presque Isle and Harlow Lake area outside of Marquette. It's a great run, so spread the word among your friends and family. By then, we'll be thinking about snowflakes again!

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!***

Saturday, April 18th: Bike and Kayak Swap  
New Location: Lakeview Arena 9:30-1:00 p.m.

Wednesday, April 22nd: SSC Annual Banquet  
Marquette Commons 6-7:30 pm

Saturday, September 19th: 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.***



## ***Superiorland Ski Club 2015 Summer Training Program***

**Dates:** June 23 - August 13, 2015

**Times:** Tuesdays, Thursdays and Saturdays throughout the summer:  
Time and Place to be determined weekly (within Marquette city limits)  
Kick-off meeting at YMCA parking lot on Tuesday June 23, 9:00am. Bring running shoes and water bottle for a track workout that day. Subject to change, be sure to get in contact via email with Karmen Whitham for updates.

**Who:** Skiers interested in ski training for the Junior National, MSHS or Prep Nordic Teams (ages 12 – 19)

**Cost:** \$150

**Coaches:** Karmen Whitham – Superiorland Ski Club Coach, former NMU ski team, with assistance from other SSC coaches and alumni.

The Superiorland Summer Training Program will focus on developing or improving your fitness level, strength, athleticism and developing your confidence as a skier.

This will be accomplished by emphasizing the technical aspects of skiing along with agility, speed, endurance, and technique. Dryland workouts will include: easy distance running, hill bounding, speed, plyos, fitness testing, strength and balance drills, plus fun soccer and ultimate Frisbee. Rollerski workouts will include: easy distance skiing, specific strength, technique and balance drills. We will work equally on skate and classic technique.

Participants will be grouped by similar ability to promote a more comfortable and less stressful workout.

**Equipment needs:** For dryland workouts participants will need running shoes, classic length ski poles, water bottle and carrier. Roller-ski workouts will need the appropriate skate or classic roller skis or a combi model ski, ski poles, boots, gloves, water bottle and carrier. SSC has limited supplies of loaner roller skis. **HELMETS AND REFLECTIVE CLOTHING ARE MANDATORY WHILE ROLLERSKIING!** Also, wear any other protective equipment (kneepads, elbow pads, etc.) that would put you more at ease while roller skiing. SSC has roller skis available for use.

**Questions:** Contact Karmen Whitham, (802)733-6362, [karmenm.whitham@gmail.com](mailto:karmenm.whitham@gmail.com)

## **Superiorland Summer Training Program Registration Form**

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To register, please complete the following and mail with payment to: Superiorland Ski Club, PO Box 864, Marquette

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): \_\_\_\_\_

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### **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*



# Recognition of Volunteers

As the ski season and fiscal year begin to wind down, SSC would like to thank everyone who contributed to another successful year of running the Club (this means you, Board of Directors), events, youth programs, and associated fundraising for programs and initiatives. Some volunteers who gave extra effort are recognized below:

Dennis Whitley – Shore Run Start/Finish and Aid Station Chief (Good luck in Florida!)

Marissa Palomaki – Holiday Ski Camp Chef and Food Chief

Jane Jacobson – Shore Run Finish Line Chief of Food Station/Aid

Greg Nelson – Chief of Wednesday Night Relays and Shore Run Trail Marking

Tom Asmus – Fit Strip Grooming for Wednesday Night Relays

Cindy Anderson – Newsletter Editor and Publishing

Mike Potts – Ski Swap Racks (It's nice to not have the domino effect at this year's swap sales displays!)

Ursula Stock – Ski and Bike Swap Checkout; Along with the fantastic NMU Beta Alpha Psi students

## 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:

Webmaster

Social Media Coordinator

2016 State High School XC Skiing Championships (all positions)

2015 Shore Run (aid stations, trail, registrations, awards)

2016 Jr Noquemanon (awards, registrations, timing, course)

Ski and Bike Swaps (check-in, check-out, sales)

O2S Beer Tent (set-up, sales)

Please contact Debby at [debby@northjacksonco.com](mailto:debby@northjacksonco.com) for more info.

**Thank you to the Kiwanis Club of Marquette for their \$1,000 grant to support the youth program loaner skis and scholarships.**

# Superiorland Ski Club High School

## Nordic Skiing 2014~2015

The ski season started early. Heavy snow in early November was enough to make any skier happily toss rollerskis into a dark corner of the garage, say goodbye to dryland training, pick up a pair of rock skis, and get some time on snow. With green grass and mud quickly replaced by deep snow, there was one big question. Was that week and a half of dryland training enough to prepare young skiers for a solid ski season?

Turns out, the answer to that question was clearly, “Yes!” Superiorland Ski Club (SSC) high school skiers took full advantage of the early snow and used their massive early season on-snow hours to put together a solid season of high school ski racing.

The start of any competitive season is always uncertain; how are the team dynamics? Will there be suitable depth to the team? Will the skiers improve as the season progresses? Answers to these questions started accumulating almost immediately.

To vary the on-snow training regimen in late November, the team went for a run in the snow at the South Trails. It was slippery and cold, and turned out to be a longer run than expected. However, the team ran as a group, had fun, and took in a snowy evening from the top of Mount Mesnard. Team dynamics? Great leadership from the seniors, and superior enthusiasm, attitude, and effort from everyone else. Team Depth? Impressive with 18 kids on the roster from ages 14 to 19.

The racing season began on December 20 & 21, 2014, with classic sprints and distance races at the **Michigan Tech JN Qualifier** on the ski trails in Houghton. In the distance races, the top three girls’ and boys’ finishers were SSC racers, and three of the top six girls’ and boys’ sprint contenders were SSC skiers.

In early January the team traveled to Biwabik, MN and competed in the **Mesabi East Invitational** against 59 other high school teams from Minnesota, Wisconsin, and Michigan. This is the largest single day high school Nordic ski racing event in the U.S. The varsity boys’ team, made up of seniors, juniors, a sophomore, and a freshman, put together a top 20 skate finish (Ben Wright), a top 30 classic finish (Mike Wiitala), and the remaining varsity team members placed within the top 50% of their fields. Their efforts and the team depth put the SSC boys’ varsity team in 8th place overall! The girls’ team, not skiing at full strength, put together a great top 25 skate finish and a top 60 classic finish, with a final team placing of 33rd.

Noquemanon weekend in late January was well represented by SSC high school skiers. On Friday, six SSC girls and six SSC boys raced in the **Junior Noque 5K classic** races, which featured a tough field with racers from throughout the midwest. The team performed well with tricky kick wax conditions. Top finishers for the girls were Beth Wright (6th) and Ingrid Lindquist (7th). For the boys we had five racers in the top ten including Logan Zueger (2nd), Mike Wiitala (5th), Lance Rambo (6th), Thomas Ziegler (8th), and Luke Rambo (9th). One day later, many SSC high school skiers competed in longer citizen races, and three of the skiers took top honors: **12K Classic** —first place Lance Rambo; **24K Classic** – first place Ben Wright; and **24K Skate** – first place Logan Zueger, with two other SSC skiers placing in the top 20.

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# Superiorland Ski Club High School Nordic Skiing 2014-2015

Continued from page 6

Team members traveled south for a weekend of racing at the **Boyne, MI Junior National Qualifier** races. There was a SSC racer in the top 5 of each U16 and U18 race that weekend, with several other SSC racers within the top 10.

**The Michigan High School Nordic Skiing Championship** races on February 13 and 14 in Houghton were memorable for being cut short due to extreme cold and blizzard conditions. The pursuit race (5 K classic individual start, followed by a 5K freestyle in pursuit start format) had to be compressed into a single afternoon on Friday (rather than a morning and afternoon event Saturday), and the rescheduled freestyle sprints on Saturday were cancelled completely. Ben Wright and Mike Wiitala both took top 10 honors in the boys' division, and Beth Wright took top 10 in the girls'. The SSC boys' team finished in second place (Copper Country was champs), and the girls in fourth place (Traverse City Central HS was girls' champs). The boys' individual champion was Houghton sophomore Mitchell Delong, and Harbor Springs senior Sarah Goble. Was the girls' individual champion. Next year the state HS championships will return to Marquette with Superiorland/MSHS hosting the event.

Ben and Beth Wright qualified for the Great Lakes Division Junior Nationals team and competed at the JN event in Truckee California as this newsletter went to print.

On the more local scene Mike Wiitala was crowned the **2015 Great Bear Chase 25K classic** champ in Calumet on March 7, and teammate Luke Rambo took 4th place in the **10K skate** race.

Did the skiers improve as the season progressed? You bet. Seasoned skiers kept pushing themselves and other teammates, resulting in everyone skiing faster. SSC/MSHS recognizes seniors Mike Wiitala, Ben Wright, Ryan Piotrowski, Ingrid Lindquist, and Kendra Palomaki for their skiing and competing for the team. Mike, Ben and Ingrid skied all 4 years of their high school seasons for the team.

Younger skiers jumped into the fray at high school races, scored points for the team, pushed each other to new levels of achievement, and clearly let it be known that they were to be taken seriously. Others, new to ski racing, showed incredible improvement: Freshman Isabelle Carr ended up winning the **U18 girls division of the first annual Marquette Nordic Ski Race Series** (consisting of four local 3K races held throughout the winter); Ethan Hall (after moving to Marquette from Florida), through sheer determination and natural ability put together an incredible first season on skis including a third place **U16 finish at a Boyne Junior National Qualifier** race.

Following a rather early and frenzied start, the 2014-2015 ski season turned out to be fast, fun, and a clear sign of good things to come!

We look forward to summer training with the team, but in the meantime keep the skis waxed for great spring skiing!



Dick Ziegler  
Assistant Coach

# Coaching MSHS

With another season of cross country ski racing in the books, I took my first opportunity to reflect on the season when Dan Wiitala requested I write an article for the newsletter. That's when I realized how fast the season flew by. Seems like just last week we were hosting the Superiorland Ski Camp, but that was way back in December. Writing this article also helped me reflect on all the things I learned as a new ski coach.

The first and most impressive thing I learned was about the athletes I had the opportunity to work with. The athletes I observed were all dedicated, respectful, and supportive of each other which created a productive team environment that was also a lot of fun to be a part of. The upper classmen never hesitated to help the freshmen, or even the new guy from Florida. The seniors set the tone for the season by consistently demonstrating a calm, friendly demeanor that promoted camaraderie and teamwork. As a result, our entire team was made of patient, respectful, caring individuals ready to share their knowledge and expertise with anyone willing to give cross country skiing a try. I only hope that the athletes learned as much from my efforts as I learned from them and their team building efforts.

I was also amazed at my own steep learning curve as a cross country ski coach. I've skied and participated as a citizen racer for many years, but had a lot to learn about coaching top-notch cross country ski racers. Coaches Karman Whitham and Dick Ziegler greatly improved my knowledge of race preparation, ski technique, and waxing. They made me realize that a good ski coach works hard on race day so his or her athlete can focus only on the race. Ski coaches aren't good cheerleaders on race day because, unfortunately, they don't have the time. I also received pointers from coaches from other teams, which made me realize that cross country ski coaches are competitive, but are dedicated to sharing the love of skiing with others.

**Coaching MSHS** continued on page 9



SSC/MSHS Race Team 2014-2015



# Blueberry Warming Hut Update

Skiing by or taking a peek while driving on M553 you will not only be amazed at the progress of the Blueberry Warming Hut but you will also feel excited to soon have a place to get warm, socialize, watch skiers go by or just enjoy the abeyance after a nice ski. GE Builders is working diligently on the project (weather permitting). The SSC, Sands Township, and the DNR would like to thank everyone again for their support and determination to see this project become a reality. The SSC continues to look for ways to raise additional funds that will be needed to maintain and furnish the hut once it is built. Please consider mailing in your donation today. Donations can be mailed directly to: **The Blueberry Ridge Warming Hut account c/o River Valley Bank, 1140 West Washington Street, Marquette, MI 49855.** Please make checks out to the Superiorland Ski Club. All donations are eligible for tax deductions to the extent provided by law, because the Superiorland Ski Club is a 501(c)3 non-profit organization. Thank you.



## Coaching MSHS continued from page 8

As a coach, I appreciate the fact that I had the opportunity to observe some great athletic performances during the season. Observing a good portion of the work that went into those performances made me appreciate the result at the races even more. I could tell our athletes worked hard and were committed to leaving it all on the course on race day. I can attest that the students who did their homework made the test look a lot easier than it really was.

The ski race weekends were a lot more fun than I expected. I have to admit I thought I was going to have to put my old drill sergeant hat back on when I first put the dates on my calendar, but the hat was never needed. Let me refer back to the most impressive observation I made as a ski coach: the professional conduct of the athletes. Additionally, the accommodations, venues, and the food was outstanding everywhere we stayed. I hope some of the prep team skiers are reading this so they consider joining the high school team in the years to come. They will certainly be rewarded with a great experience shared with teammates whom they can call friends.

Finally, the time to reap the benefits of a winter of skiing and racing is in the spring. Skiers should experience an edge over the competition in their spring sports. Since we have several more weeks of good skiing to go, I recommend you continue to ski a few days a week while transitioning to your spring sport. Good luck, and I'll see you on the track!

Coach Kyle Rambo

# 21th Annual Lake Superior Shore Run

My daughter Ali and I are going to take the reins this year for the Lake Superior Shore Run. We'll see if mother and daughter will be talking to each other late in September.

Ali was a skier for the High School team for three years. She joined the team in her sophomore year without coming up through the ranks of the Ski Cats. But that didn't matter to the team, the coaches, or the club. They couldn't have been more accommodating in getting her outfitted with skis, refining her striding technique, teaching her how to skate ski, and welcoming her to the club. As a mother of a teenage girl, I saw how Ali found a balance between school and sports and how each helped the other. I am so grateful for what the Ski Club provides to the youth of our community. That's why we said "yes," to taking on the biggest fundraiser for the Club.

But we need your help. Although I have been involved in event planning, I've never been the lead, and Ali is acting as apprentice. The Shore Run is the granddaddy of the trail running races in Marquette. At 21 years and going strong, it's one of the reasons Marquette has gotten so much national attention. We hope you join us in the 21st running as a sponsor, a participant, or as a volunteer; we'll be asking for your time, your talent, and your money.

So, let's get down to specifics. The 21st Lake Superior Shore Run takes place on Saturday, September 19. As part of Northern Michigan University's Homecoming Events, we'll provide good competition in all the races: the half marathon, the 5 K, and the kids' race. Set in the beautiful Escanaba State Forest, I don't think there's a more picturesque course.

More information will come. For any input, ideas, or questions, call me at 235-2923 or email [cfulsher@gmail.com](mailto:cfulsher@gmail.com).

-Carol Fulscher  
Lake Superior Shore Run Director



## Prep Team at Houghton

Front Row right to left: Anna Patmore, Tim Ziegler, Chase Stahl, Erica Asmus, Sammy Borzick, Eli Wiitala, Finn Swaty. Second Row: Moses Waite, Ketlove Gray, Morgan Halley-Gluesing, Emma Stahl, Zita Jameson, Anna Garrow, and Coach Mik Kilpela. Back Row: Grace Argeropoulos, Julien Malherbe, Nathan Garwood, Tanni Camilli, Seth Potts and Mathurin Gagnon. Absent: Aleutian Hatfield, Rubin Hatfield, Lauren Kurzawa, and Erin Vanderschaaf



# Motivating Young Skiers

What motivates you to get out and ski? Maybe it's preparing for races, like the Birkie or the Noquemanon? Maybe it is a way to stay in shape? Perhaps it is the social aspect, or a combination of a lot of things. Motivating young skiers to try the sport and helping them enjoy the many benefits, like friendships, are some of the main goals of the SSC Prep Team.

This ski season was quite unique compared to past seasons. We started practicing in mid November on good snow (no worries about hitting rocks). We usually have a two to three week dryland season, but not this year. We had 22 skiers sign up for the team this year with a broad range of abilities. Some were new to skiing altogether, while some had been on the prep team for four years. We had practice two times per week. We attempted to cover both classic and skate skiing in depth. There were various weekend racing opportunities this season. Some were cancelled due to cold weather.

We introduced a new four race club point series to our program. It was a simple, low key racing series meant to supplement the weekend racing opportunities, and yes, to keep the skiers motivated to practice! I think it went quite well. Dick Ziegler was a giant help this year in selecting and flagging courses at multiple venues. The Ishpeming Ski Club was generous again this year to let us to use their trails and terrain park for the final race of the year.

What motivates these kids to go out and ski? Well, I'm still working on figuring that out. Encouragement from adults, being outdoors with their friends, and competition are few things. They sure have a lot of energy that moves them along the trails. It was a fun season. I'd like to thank Mike McFadden and Dan Wiitala for coaching, along with parents, skiers and the many other volunteers. Have a great spring.

Mikael Kilpela, Prep Team Coach

## Prep Team 2014-2015

Front Row (left to right): Coach Mik Kilpela, Timothy Ziegler, Eli Wiitala, Moses Waite, Finn Swaty, Mathurin Gagnon. Back Row: Emma Stahl, Anna Patmore, Ketlove Gray, Zita Jameson, Anna Garrow, Tanni Camilli, and Morgan Halley-Gluesing. Absent: Grace Argeropoulos, Sammy Borzick, Nathan Garwood, Aleutian Hatfield, Rubin Hatfield, Laruren Kurzawa, Julien Malherbe, Seth

Potts, Erin Vanderschaaf, Erika Asmus, and Coach Dan Wiitala



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

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

2007: Lifetime Achievement - Dr. Don Hurst

Volunteer of the Year – Sam Graci, Sr.

Skier of the Year – Matt Weier



# 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:

High School/Junior Racing Team:

Karmen Whitham – Head Coach

Dick Zeigler – Assistant Coach

Kyle Rambo – Volunteer Assistant

Prep Team:

Mik Kilpela – Volunteer Head Coach

Dan Wiitala – Volunteer Assistant Coach

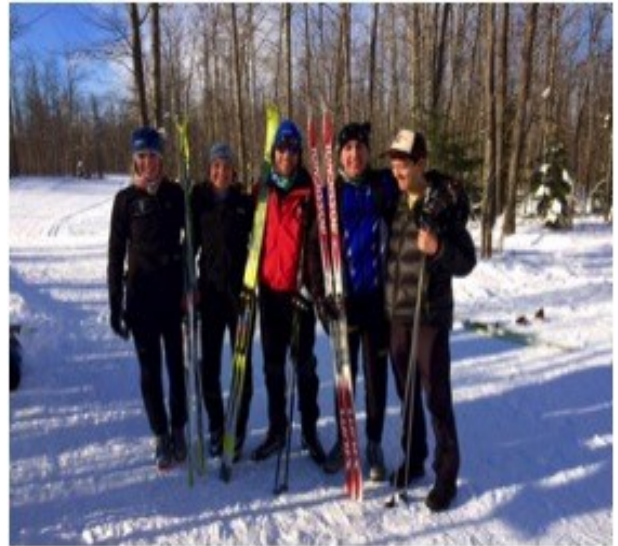
Adventure Team:

John Argeropoulos— Volunteer Head Coach/Coordinator

Ski Cats:

Candy Fletcher – Volunteer Head Coach/Coordinator

Volunteer Coaches/Assistants – Jim Gallagher, Hilary Billman, Erin Vanderschaaf (SSC Prep Team skier), Anna Patmore (SSC Prep Team skier), Cara Lee Patmore, Steve Kuhl, and Tom Asmus, Gabrielle Trudeau (SSC Jr Race Team Alumni), John Bruggink, and Andrew Grosvenor.



SSC Alumni Coaches at the Holiday Ski Camp (Abby Potts, Ellen Wiitala, Blake Murray, Mike McFadden, Eric Wagner)



Coach Karmen Whitham nailing the wax at the Mesabi East Invite

We also had several other alumni SSC Team skiers give back to coaching this early season, including coaching at this year's great holiday ski camp for the high school and prep team. Thanks Abby Potts, Ellen Wiitala, Mike McFadden, Blake Murray, and Eric Wagner for your help and demonstrating that part of what our youth programs do is to create lifelong skiers that continue to give back to the Club and their sport.

# Superiorland Ski Cats

As spring rolls in we put another Ski Cat season in the books. Even though a number of sessions were cancelled due to uncooperative weather, we made the most of the time we had. It was a delight to see children skiing, playing games, and making new friends. Ski Cats proved again to be a wonderful program--a time for ski families to get together and join in the joys of winter. Our traditional après ski snack of donuts and hot chocolate roped everyone in after their exhausting adventures. Ski Cats is not just about learning to ski, but fostering within these youngsters the love of skiing, a pastime and sport that they can enjoy for a lifetime. I would like to thank all the moms, dads, brothers, sisters, and grandparents who encouraged these young skiers to come out and supported this program. A very special thank you goes to the volunteers and coaches who helped out this season. Your knowledge, patience, and time are appreciated by all.

Thank you all for another great season!

Candy Kozeluh

Ski Cats Coordinator

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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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## Wednesday Night Fit Strip Relays

Hello, fellow skinny skiers!

Wow! Another fast and frosty group has been coming out for the Wednesday relays. It always amazes me how passionate many of our club's members are for our sport of Nordic skiing. To be excited, energetic and giggly when it's dark, cold and the end of the day is rather inspiring. We have had different formats on different evenings, from the typical three person teams to two person teams, and using just half of the lit loop to keep the pace up. A special thank you goes out to the high school team for always showing up and being enthusiastic week after week, regardless of the temperature. Again this year the relay season concluded on a fun note with the Fit Stripper 50K—the only annual ski marathon held on the Fit Strip.

Greg Nelson

Chief of Wednesday Night Relays

# Adventure Club

The Adventure Club aims just to have fun skiing. We have some regular haunts that we ski every year, but we also try to ski at least one new venue each year. We started out the year skiing Forestville with a short loop and then a game of Wolves and Deer. Simple as it is, Wolves and Deer is always a highlight.

We tried to ski at Lake Levasseur, but clear cutting over the summer forced us to move to Blueberry Ridge for our skiing. This was the first year skiing for one of our skiers, and Blueberry was a good place to do some technique practice. After skiing, we made our annual attempt to light a fire with a single match. One of the girls was excited because she actually lit a fire this year, although not with a single match.



We made a trek to the Rapid River National Cross Country Ski Trail and found it to be a nice place to not only ski, but to learn about the trees in our forests.

Our back country ski outing was at Harlow Lake. We learned about ice safety, made our own trails, visited with ice fisherman, and then skied some of the trails southwest of the lake.

Due to inclement weather and a large contingent of our skiers participating in Mary Poppins, we missed a few of our favorite outings. Many of us were looking forward to the annual trip to Valley Spur, but it just wasn't to be.



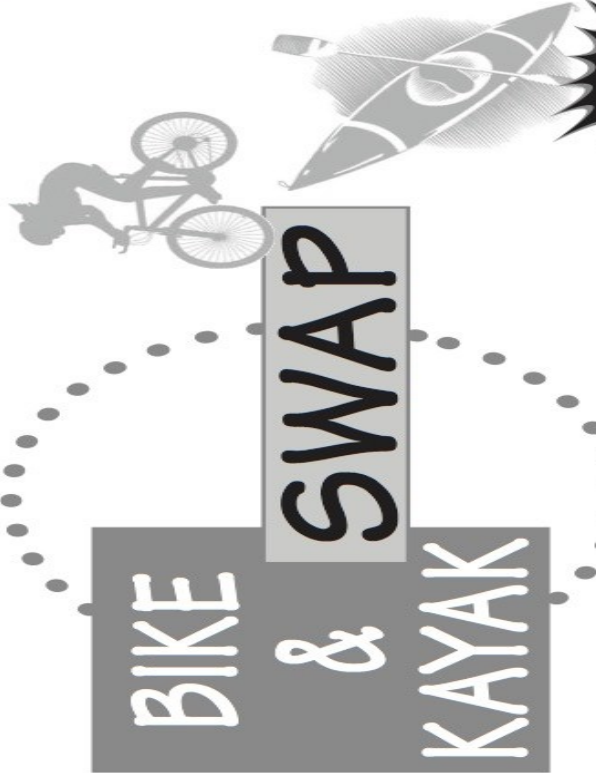
A couple of our skiers have many kilometers under them, but for some, it was fairly new and it was very nice to see some dramatic improvement in ability. I look forward to having another year of fun in the woods. The UP is such a wonderful place to play.

## Annual Banquet April 22

The Superiorland Ski Club will host the year-end banquet Wednesday, April 22nd at the Marquette Commons 6-7:30 p.m. 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 \$3-5 is requested to help offset the cost. Please come and bring your family, a fellow skier or friend. RSVP to Jill Zueger at [jzueger@yahoo.com](mailto:jzueger@yahoo.com)

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

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**BIKE & SWAP & KAYAK**

**NEW LOCATION**

**Saturday, April 18 • Lakeview Arena**

**Drop off: 9:30 a.m.-10:45 a.m.**  
Ski Club Members' Only Sale: 10:45 a.m.-11:00 a.m.

**General Public Sale**  
**11:00-12:30 p.m.**

**Pickup: 12:30-1:00 p.m.**

**SUPERIORLAND**  
**CROSS COUNTRY SKI CLUB**

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 Country Youth Ski Programs. For additional information call 362-4463.

Brought to you by the Superiorland Cross Country Ski Club

## Superiorland Ski Club



PO Box 864  
Marquette, MI 49855  
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