

Superiorland Ski Club


www.superiorlandskiclub.com

From the President:

Welcome to Superiorland Ski Club Team 23 – celebrating 23 years of supporting cross country skiing, teams, events, trails and facilities in Marquette County. The club continues with this tradition into 2016 and has already been busy with club fundraisers (O2S Beer Tent and XTERRA Superior Shore Run – thank you Paul Wright and Carol Fulsher, respectively, for directing both successful events) and readying coaches, coordinators, and programs for the upcoming ski season, which will be here before you know it. You will find a lot of information on those programs in this newsletter along with details to kick start you and your youth or junior for skiing this winter. Don't miss the SSC Ski Swap on November 7 to trade out your gear or find some deals on new equipment.

The theme of this year's youth and junior teams is to make winter an "unplugged" experience. Skiing will definitely make that happen. We expect again to be teaching a large group of young kids to ski at Ski Cats; building fitness, speed and endurance at the Prep Team; and supporting full-on high school and junior racing programs all winter. We have the privilege and fun of hosting the Michigan State XC Skiing Championships at Al Quaal this February on its new and improved (almost FIS-certified) race course. In March, Junior Nationals is in our backyard at Telemark, Wisconsin, hosted by Central Division, so juniors who commit to training will have easy access to top level skiing. Karmen Whitham returns as our head coach after a summer of heading up our dryland training program and also coaching with CXC at summer camps this year. Other big news on the local high school/junior racing scene is that the Ishpeming Ski Club (the nation's oldest) will support a high school cross country racing program this winter along with its jumping tradition. SSC (and ISC) board member Dick Ziegler will head up the program and SSC is thrilled to see a local expansion movement for high school racing!

Adult skiers, don't forget to turn your fall training into winter training by joining Wednesday Night Relays this year. Speed work with friends is not only fun, it really does help get you into race shape for citizen racing. You can binge watch Netflix any time but you can only ski for a few blissful months, even in Marquette. Greg Nelson will again make sure you have a fun and accurate time on the WNR race courses.

The Blueberry Ridge Warming Hut is nearly ready for use this ski season. The DNR, Sands Township, SSC volunteers (headed by Debby Muskovitch and Pam Fjeldheim), and generous business and individual financial donors have done a great job collaborating to make this happen. We believe it will add to the cross country skiing experience for everyone in our community, and help enhance Marquette County as a premier destination for trails-oriented tourism. Also, the hut still needs finishing touch work, so donations continue to be much appreciated.

I want to conclude by saying thanks to a few board members who really stepped up during the past couple of years but are now letting others take the reins. Tom Wagner resigned as President after 4 years in the position; Sten Fjeldheim also stepped down from the board this year after multiple stints throughout the past 23 years helping to guide and shape the club. Of course, both Tom and Sten continued to support SSC by volunteering at the Shore Run in September. Candy Fletcher stepped down from the Ski Cats coordinator position after two busy years. Those stepping up include Mik Kilpela who continues to run our Prep Team, our new technology officer (and Ski Cats coach) Steve Kuhl, Cara Lee Patmore (Ski Cats), Pam Kauppila who will assist with coordinating our Ski Cat program, Kathy Wright, who is the new club Vice President in addition to continuing to coordinate high school team travel and to Gabrielle Hansen who is now on the board and was a skier on our youth club teams. To all other board members and volunteers: thanks and keep it going!

I am looking forward to a great winter of skiing and seeing everyone out on the trails in 2015-2016.

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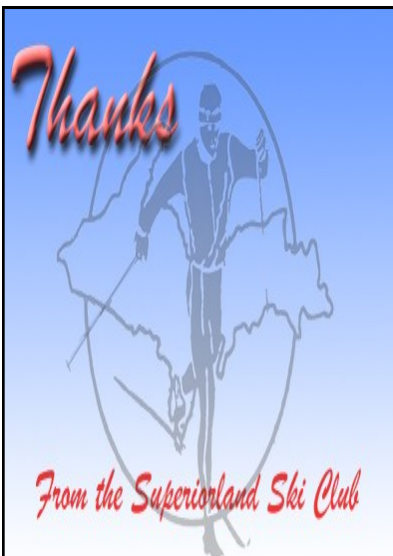
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MSHS Nordic Ski Team Fundraiser at Econo Foods

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, bring them to the swaps, stop by the monthly board meeting at PWPL, or e-mail Claire Twohey at cps2e@aol.com to arrange drop off. Thank you Econo Foods for your generous community support!



Mark your calendars!

High School Race Team Kick off Meeting-
Wednesday, October 28th *Location:* MSHS Little Theater
5:15 pm

Prep Team Kick off Meeting-
Wednesday, November 4th *Location:* Bothwell Middle
School, 6:00 pm

Ski Swap- Saturday, November 7th
Location: Holiday Inn

Down Wind Sports Club Day- November 14th

Sports Rack Club Day- November 17th

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.

Ski Swap Coming Soon!

One of the best ways to get ready for the upcoming ski season and to get excited for another great (and maybe not as cold) U.P. winter is to come to the upcoming Superiorland Cross Country Ski Swap. Come and sell your used cross-country gear in good condition and get good deals on both used and new equipment.

The annual Superiorland Ski Club Ski Swap will be held **Saturday, November 7th** at the Holiday Inn in Marquette. Proceeds from the Ski Swap benefit the youth ski programs of the Superiorland Ski Club. Experienced club members will be staffing the Swap and will be available to help with advice and fitting equipment.

The Ski Swap is a popular Marquette event, and the best equipment goes fast, so my advice would be to consider joining the ski club. Club members get an early entry into the Swap, at 10:30, before the general public entry at 11:00. There will be an opportunity to join the club at the Swap beginning at 9:00. Hope to see you there!

www.superiorlandskiclub.com

Fun ° Fitness ° Friendship

New GFS Marketplace[®] Fundraiser

GFS Marketplace[®] Gordon GO! Rewards and Promotions Program

Superiorland Ski Club has signed up for Gordon Food Service Store Gordon GO! Rewards and Promotions Program. This completely free program gives a portion of your Gordon Food Service purchases back to our organization.

Ready to help out? Simply stop by the service desk at your local GFS Marketplace[®] store to pick up your permanent membership card. The organization name on the account is Superiorland CC Ski Club. Have the card scanned each time you shop at any GFS store. Check out www.gfsstore.com to learn more details about the Gordon GO! program, as well as see what's on sale every week at your local store.

Superiorland Ski Club High School

Nordic Skiing 2015

This past summer the Superiorland Ski Club continued its junior summer training program. We were fortunate to have SSC alumnus Abby Potts come back to help coach our current and up and coming high school skiers as they embark on some exciting ski seasons ahead. Training included roller skiing, strength training, lots of resistance bands and bounding, trail running, cliff jumping, Thursday night trail races, and some mountain biking. The group was fantastic and everyone came to practice with positive attitudes ready to work hard.

Even if you didn't make it out for training this summer, you shouldn't hesitate to participate in the ski team this season. To give a brief overview, the MSHS team is for skiers with goals of competing at the state and/or national levels, becoming proficient at both classical and skate ski techniques, and acquiring the skills necessary for waxing skis and taking care of equipment.

This season is going to be an awesome one with many exciting events close to home to look forward to. Most notably, High School State Championships will be held right here at Al Quaal. As always, we have the Noquemanon happening right here in Marquette. Additionally, we have Senior Nationals being held in Houghton and Junior Nationals right next door in Cable, Wisconsin, making the Midwest truly the epicenter for Nordic skiing this winter!

Although we have had a great past two seasons with Dick Ziegler, he will be focusing on the new Ishpeming Ski Team to improve competition and camaraderie in Michigan high school skiing. As far as coaching staff, we can look forward to another year with Kyle Rambo, guest appearances from Tom McFadden, and wax support from Steve Carr. This staff, together with our retuning and new athletes, will undoubtedly make for an incredible season!

Karmen M. Whitham
High School Team Coach

XTERRA Lake Superior Shore Run

Thanks Donors

Thanks to Eagle Mine, Upper Peninsula Health Group, Marquette County Department of Health and Human Services, Advanced Center for Orthopedics, North Jackson Company, Sweet Water Café, Great Lakes Chiropractic, Lower Harbor Family Dental, U.P. Health Systems, Border Grill, Travel Marquette Michigan, NMU Alumni, the Mining Journal, TV6/Fox UP, Marquette Baking Company, Econo, and Third Street Bagel. The XTERRA brand comes with lots of freebies including Gatorade, Power Bars and gels. This run is a major fundraising event for the Superiorland Ski Club. We are grateful for the wonderful support!

Prep Team Update

The fall season is here and it's time to think about winter skiing. The SSC Prep Team is a middle school group for both recreational and racing skiers. We teach skiers both classic and skate technique along with introduction to racing. Skiers of all skill levels are invited to join. We hope to challenge both beginners and experienced skiers alike.

We will be having an informational kick-off meeting on **Wednesday, November 4th at 6:00pm** at Bothwell Middle School. As in the past, we plan to meet twice a week at 4:00pm, on Tuesdays and Thursdays, from mid November through February. We also plan to put together a mini race series similar to last year.

We hope you can join us for another fun season of skiing and racing.

Mikael Kilpela

Prep Team Coach



SAVE the DATE

Lake Superior Shore Run September 24th, 2016

The Blueberry Lodge is Almost Complete

Won't it be nice to...

- have a warm place to get prepared for your ski work out?
- warm up after skiing on the freshly groomed Blueberry trails?
- have a gathering location for the ski clubs?



What a great feeling it is to be so close to the completion of the Blueberry Warming Hut. Many dedicated individuals, businesses and organizations have come together to make a warming facility a reality. Plans of a ribbon cutting are planned before this coming winter. The SSC continues to solicit for tax deductible donations. Donations will be used to furnish and make it cozy inside the hut, build ski racks for all the skis outside, purchase firewood and propane for keeping the hut toasty warm, and for general maintenance. The BBH is a project we all can be proud of and use to show that the UP is "Somewhere Special."

Your help is needed!

We need a carpenter to volunteer his/her talents to install hooks and other items in the lodge.

We need cash donations to purchase material and items for the interior.

If you would like to volunteer please contact:

Debby Muskovitch at debby@northjacksonco.com or

Pam Fjeldheim at pamfjeldheim@hotmail.com

For monetary donations please mail to SSC

PO Box 864

Marquette, Michigan 49855

Thank you, The Superiorland Ski Club

Superiorland Ski Cats

The signs of impending winter are upon us. The cool mornings and changing leaves all point toward the blanket of white we look forward to every year. This means another season of Ski Cats! It's a great way to get kids excited about being outside and embracing winter while learning a life-long skill they can carry on into adulthood. This year we will once again have 6 sessions and at least one additional make-up day in case of inclement weather. One of the biggest benefits of the program is the affordable access to kids' skis. Seasonal rentals are available and you can use them all year, not just the 6 sessions. This way you can ski whenever time and the weather allow. We also look forward to using the new shelter at Blueberry Ridge to host some of the sessions. This new "home base" should make the cold and snowy days a little more tolerable for the little ones, especially for the post ski hot chocolate and snacks. Plans are still taking shape, but we are throwing around some new ideas about how to get the kids more excited and involved. Please review the attached flyer for details and consider joining the 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.

Wednesday Night Relays

Hello, Wednesday Night Relay Skiers (WNRs)!

Are you ready for another season of fun? It's almost time to start blocking out time on Wednesday nights to race your friends, try some speedwork, and just have an all-around great time on the trails. We will have both skating and classic incorporated into the relays. Come on out on Wednesday nights for this SSC tradition!

XTERRA Lake Superior Shore Run

The Ski Club hosted its 21st annual XTERRA Lake Superior Shore Run on Saturday, September 19 with nearly 200 racers participating. The beautiful backdrop of Little Presque Isle was the setting for the start line for the half marathoners, the Eagle Mine 5kers and the Upper Peninsula Health Group 1K kids race. The clouds parted before the race began and runners were treated to beautiful autumn running conditions—sunshine, temps in the low 60's, and clean crisp air.

Participants were mostly locals, but we had runners hailing from the Czech Republic, and the States of Georgia, Florida, Colorado, Minnesota, Illinois and Wisconsin. This year's fastest male was William Brown, who conquered the course in 1:19:18.5, which translates into a 6:03 minute mile, beating the second place finisher Adam Martin by 31 seconds. Third place went to Ian Torchia in 1:27:00.2.

The women were lead by Kristen Bourne who ran the challenging course in 1:42:44.3, which averages to a 7:50 per minute mile. She was followed by Vera Gruber with a time of 1:47:27.1.

Half marathon start



In the 5K race, Sophie Schimpl cleared the course in 19:33.7, finishing over 9 seconds ahead of Nicole Schneider and 1:22 ahead of third place finisher Lea Bunes. On the men's side, Jake Winner (18:08.7), Samuel Parlette (18:08.8), and Steve Kuhl (19:24.9) took first, second, and third.

This race would not happen without the dedicated volunteers who come out again and again to help the Ski Club raise money for the youth programs. Debby Muskovitch, Claire Twohey, Pam Fjeldheim, Jim Argeropoulos (who took over aid stations from Dennis Whitley), Greg Nelson, Jill Zueger, Doug Barry, and Tom Wagner provided flawless logistics for the race. Of course, there are many others who marked the course and the start and finish lines, parked the cars correctly, manned the aid stations, cleaned up after the events, provided food and drink along the course and at the finish line, helped register the racers, and announced the winners.

What a great event for the community with so many runners exclaiming this is their favorite race. Good job to everyone involved.

5 k start



MSHS/SSC Junior Nordic Racing Team 2015-2016 Schedule				MSHS	SSC - JN	SSC - Prep
Date	Day	Event	Location			
October-15						
28-Oct	Wednesday	MSHS Nordic Info Meeting	MSHS Little Theatre	x		
November-15						
2-Nov	Monday	Start Dryland/Rollerski Training	varies	x	x	
5-Nov	Wednesday	SSC Prep Team Info Meeting	Bothwell MS, Marquette			x
7-Nov	Saturday	SSC Ski Swap	Holiday Inn, Marquette	x	x	x
14-Nov	Saturday	Downwind Sports SSC Night	Marquette	x	x	x
17-Nov	Tuesday	Sports Rack Club Night	Marquette	x	x	x
December-15						
2-Dec	Wednesday	Mandatory Team/Parent Meeting	MSHS	x	x	
19-Dec	Saturday	MW/GLD JNQ*	Houghton, Mich	x	x	
20-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
January-16						
2-Jan	Saturday	US Nationals	Houghton, Mich		x	
9-Jan	Saturday	US Nationals	Houghton, Mich		x	
9-Jan	Saturday	Giants Ridge Invite	Biwabik MN	x		
16-Jan	Friday	Telemark JNQ (GLD/MW)*	Wausau, WI	x	x	
17-Jan	Sunday	Telemark JNQ(GLD/MW)*	Wausau, WI	x	x	
22-Jan	Friday	Jr Noque	Marquette, MI	x		x
23-Jan	Saturday	Noquemanon Ski Marathon	Marquette, MI	x		
23-Jan	Saturday	JNQ Telemark	Telemark, WI		x	
24-Jan	Sunday	JNQ Telemark	Telemark, WI		x	
30-Jan	Saturday	JNQ Black Mountain (GLD)	Cheboygan, MI	x	x	
31-Jan	Sunday	JNQ Black Mountain (GLD)	Cheboygan, MI	x	x	
February-16						
12-Feb	Friday	MI State HS Championships	Houghton, Mich	x		
13-Feb	Saturday	MI State HS Championships	Houghton, Mich	x		x
19-Feb	Friday	Jr. Birkie***	Cable/Hayward, WI	x		x
20-Feb	Saturday	American Birkebeiner***	Cable/Hayward, WI	x		
March-16						
5-Mar	Saturday	Great Bear Chase/Jr Bear***	Calumet, MI	x		x
6-Mar	Sunday	US Junior Nationals	Telemark, WI		x	
13-Mar	Sunday	US Junior Nationals	Telemark, WI		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. 7, 2015

Holiday Inn, Marquette

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

9-10:30 a.m.: Drop-Off Used Gear & Clothing

10:30-11 a.m.: Early entry for
club members.

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

1-1:30p.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

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Fun ° Fitness ° Friendship