

Superiorland Ski Club



www.superiorlandskiclub.com

From the President:

Board of Directors

Dan Wiitala
President
dwwiitala@gmail.com

John Carlson
Vice President
johncarlson2010@gmail.com

Claire Twohey
Secretary
cps2e@aol.com

Debby Muskovitch
Treasurer
Debby@northjacksonco.com

Dick Ziegler
geo_logical2@hotmail.com

John Bruggink
jbruggin@nmu.edu

Steve Kuhl
Sgkuhl805@gmail.com

Melissa Polkinghorne
mmpolkinghorne@gmail.com

June Link
junelink3@gmail.com

Steve Carr
spcarr@charter.net

Gabrielle Hansen
gjtrudeau@gmail.com

*Too much of everything is just enough -
Grateful Dead (I Need a Miracle)*

I have subscribed to that idea many times. Until this February. Too much snow, too much cold, too much wind. Literally too much snow for skiing - at least the kind of skiing needing really nicely groomed trails. I will say the kind of skiing not needing groomed trails was pretty spectacular. But even that went out of control. Many ski areas in Colorado closed *in bounds* skiing last week because of too much snow - and too many avalanches or too high of a risk.

So its been a memorable winter on many counts - especially for snowfall totals and snowfall intensity. The goings on of the ski club were also memorable. Near record numbers of Ski Cats. If you showed up at the Blueberry Ridge Warming Hut on Sundays in February at 2 pm there were too many cars - but having 92 kids in a youth ski program is also pretty awesome. We hosted the state high school championships. Too much snow (24 inches in Ishpeming 3 days before the event, then another foot the first day of competition and whiteout conditions) so we had to put the entire event into one full action packed day. Probably too much racing for one day on junior skiers (although the sun was shining so we were all pretty happy out at Al Quaal trails in Ishpeming that day) but they still seemed to race their hearts out.

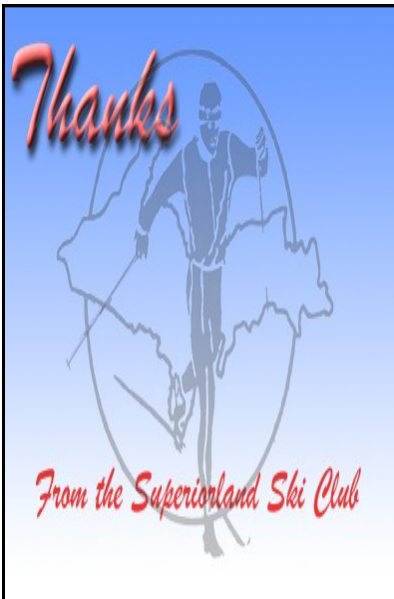
In my last column I talked about the idea of the 10000 hour (or 10000 reps) school of thought to achieving mastery and it seems like there is some truth in that idea. But this column I wanted to talk about going in the other direction. Several years ago **Matt Weier** (NMU skier and NCAA All American nordic ski racer) was coaching our juniors and told one of our skiers "Its better to be 10% under trained than 10% overtrained". I am pretty sure he's right on that one. Too much training, especially applied at too high an intensity too early in the training season is a well known recipe for fatigue and burnout down the road. So keep that in mind as your summer training season approaches.

So here's my advice as the season winds down and a hope for everyone going forward this year. Take some time to rest and recover - its been a long hard winter. I hope you all had a good ski season and maybe the extreme weather caused you to try some new things that worked for your training or just your fun skiing and outdoor activities. Hopefully we won't now have too much rain or too much heat this summer.

-Dan Wiitala, President

Thank you to the following Sponsors for the High School Championship :

Marquette County Visitors Bureau and Travel Marquette, Range Bank, Stephenson National Bank and Trust, Blackrocks Brewery, Crappie Coffee, Mining Journal, Advanced Center for Orthopedics, Ameriprise Financial Services, Vast, Embers Credit Union and North Jackson Company.



Mark your calendars!

Sunday, April 7th: Awards Banquet at the Ore Dock

Saturday, April 27th: Bike and Kayak Swap
Lakeview Arena 9:30-1:00 p.m.

Friday & Saturday, August 9th & 10th: Ore to Shore

Saturday, September 14th: 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.

Junior Race Team Recap

Another large group made up this years Junior Race team. 28 skiers trained and raced under head coach Joey Graci and Assistants Logan Zueger and Kyle Rambo.

The year started with a new early season race in Ironwood that can only be described as “interesting”. With good early snow to train on at our home trails, SSC skiers dominated, leading every heat of the 5K, until course marking errors caused endless loops with no finish. Regardless, it gave our new racers great experience.

Racing continued at the Houghton Super JNQ with 8 skiers competing for National points. We brought a team of 23 to the Mesabi East Invite. Aleut Hatfield led the boys in 12th overall in the freestyle race, while Mathurin Gagnon and Nate Garwood were both in the top 20 in the classic race. For the girls, Ericka Asmus skied to a 2nd place overall finish in the classic race. Our Junior National skiers raced the Gitchee Gamee JNQ in Cable, WI, and then on to the Jr. Noque and Noquemanon. The girls swept the top five places in the Jr Noque with Asmus, Sammy Borzick, and Leandra Bruggink on the podium. In the boys race, Julien Malherbe and Nate Garwood went 1-2, and our boys took 8 of the top ten.

Our divisions Junior Qualifier was at Boyne Mountain this year. With the race course being on the top of Boyne Mountain, it was great seeing all of our Nordies riding the chair lift up to the race start. Matt Pillifant raced to his best finish of the year to solidify his spot on the GLD team, and Ericka Asmus paced the girls again by winning the freestyle mass start race.

The State Championships were held at Al Quaal in Ishpeming this year. Dan Wiitala and Ishpeming Ski Club Coach Dick Ziegler battled the nearly 30 inches of snow we received 4 days before the race to have the course race ready for the first leg of the pursuit, only to be greeted with blizzard like conditions and a fresh 8” of snow the Friday morning of the race. After deciding to postpone the race a day, Saturday’s course conditions were superb. The sky opened up, the sun was out, and the race was one of the best in recent memory. Led by Ericka Asmus taking second in the pursuit and second in the sprint, the SSC girls raced to a State Runner Up finish. With Garwood, Pillifant, and Hatfield placing top ten in the pusuit, and having six of the top 12 in the sprint, led by an amazing sprint finish by Evan Ampe to take 2nd, the SSC boys pulled off a gritty come from behind win to take home the 2019 Michigan Nordic State Championship. It was a great way to cap off a spectacular year of racing.



We had six skiers qualify for National events this year. U-16’s Rubin Hatfield and Chase Stahl represented the Great Lakes Division in Bethel, Maine at the NENSA U-16 championships, while Ericka Asmus, Julien Malherbe, Aleut Hatfield, and Matt Pillifant all qualified for Cross Country Junior National Championships in Anchorage Alaska. Congrats to all of them.

We had a great year, with a great group of kids. We are looking forward to next year already.

-Steve Car, SSC Junior Race Team Coach

Ishpeming Ski Club Nordic Ski Team

The Ishpeming Ski Club (ISC) Nordic Ski Team is composed of high school, middle school and younger skiers from Negaunee, Ishpeming, Marquette, Westwood, and Big Bay. Skiers train and compete in their choice of ski jumping, cross country, or Nordic combined (NC) which consists of both ski jumping and cross country skiing.

For the first time ever the 2018-19 ISC Nordic Ski Team was approximately half high school age and half middle school students. Additionally, 30 elementary-age skiers trained and competed in ski jumping tournaments as part of the Youth Ski Jumping Program, or came out to ski with the Youth Cross Country Ski Program. New this season, all of our ski jumpers are also training for NC. The future of ISC skiing is looking up!



Summer/Fall 2018

In the world of ski jumping and NC, skiers train and compete almost year-round. In the summer and fall ski jumpers train and compete on ski jumps with steel inrun tracks and plastic landing surfaces at Suicide Bowl and at other facilities, and NC competitors race on rollerskis. The last week of July, 2018, ISC NC skier Timothy Ziegler (a junior at Negaunee HS) competed in the U.S. Nationals/Springer Tournee held in Park City, UT, taking second place in the U18 NC event. ISC ski jumpers and NC skiers Kaija Copenhaver, Isaac Larson, Amara Rasmussen, Gwen Paavola, and Ziegler spent the fall training at Suicide Bowl, and traveling to compete in Central Division tournaments in IL, WI, and MN. In October the ISC completed construction of a permanent SkiPark, a terrain park for cross country skiers. The cross country ski team began dryland training in early November – snow started falling a week later!

December 2018

Throughout the winter, ISC skiers competed all over the country. The on-snow winter season began December 1, 2018, with Ziegler competing in the Winter Start/U.S. Cup ski jumping/NC event in Steamboat Springs, CO. On December 8, ISC cross country ski team members kicked off the season by competing in a new (to the ISC) and ill-fated (“How many laps are we doing?”) high school/middle school race at ABR in Ironwood, MI. ISC skiers Grace Rickauer, Talon Prusi, Jared Steve, and Ziegler competed in the CCSA/Junior National Qualifier cross country ski races at the Michigan Tech trails in Houghton. All ISC cross country skiers enjoyed trying out the huge rollers, bermed corners, and sharp turns on the brand new SkiPark, and also competed in the first Marquette County Cup (MCC) ski races held at the Forestville trailhead.



While Copenhaver, Larson, Paavola, and Rasmussen and other young ISC ski jumpers competed in a late December 2018, Central Division ski jumping/NC Junior National Qualifier tournament in Coleraine, MN, Ziegler ended 2018 by competing in two U.S. Cup ski jumping/NC tournaments in Lake Placid, NY.

Winter 2019

In early January 2019, ISC cross country skiers tried something else that was new and traveled to Rhinelander, WI to compete in the Hodag Challenge. The races were fun, well organized, and the skiing was fast. January was also filled with ISC ski jumping/NC skiers traveling and competing throughout the mid-west, and the cross country ski team competing in four more MCC series races, plus the Noquemanon ski races close to home. The ISC hosted the 132nd Annual International Ski Jumping and NC Tournament/U.S. Cup/Five Hills Tour at Suicide Hill, an event that fielded 32 skiers from Finland, Slovenia, Norway, and the U.S. Ziegler, competing for the ISC in all of the U.S. Cup/Five Hills Tour events in WI, MN, MI, and IL this year, ended up ranked 9th nationally in the U.S. Cup in NC.

ISC Nordic Team continued

The ISC hosted three of the five MCC cross country ski races this season – a 2.5km/5km race, relays, and a SkiPark race. ISC cross country skiers also competed in the State Meet, co-sponsored by the Superiorland Ski Club (SSC) and ISC, with races held on the absolutely buried (in snow) Al Quaal trails. Saturday of the State Meet was a beautiful day for ski racing; the SSC orchestrated a fantastic event!

Ziegler qualified for the Central Division Junior National Team in both special jumping and NC. In late February he competed with the Central Team in ski jumping at the Western Regionals in Steamboat Springs, CO, then traveled to Park City, UT to compete in Junior Nationals. At JN's he brought home a second place medal in the two-person team NC team event, placed 6th in individual NC, 7th in 4-person team jumping, and 10th in individual jumping. In early March ISC skiers Jared Steve (20th place), Thomas Kinjorski (33rd), and Alec Prusi (41st) traveled to Thunder Bay, ONT to become international ski racers and compete in the Sleeping Giant Loppet 20km ski race. Steve and Grace Rickauer went on to compete in the Great Bear Chase in Calumet a week later.

As we suffer an Ides-of-March thaw, it is fun to look back on a season filled with new experiences, and at the same time think ahead (skiers are made in the summer). It will get cold again in a day or two and then perhaps we will all be crust skiing!

Happy trails.

-Dick Ziegler, ISC Nordic Ski Coach



2018-19 MSHS Race Team

Prep Team

We wrapped up the 2018-2019 Ski season a few weeks ago. Despite the snowy stormy February, we had a lot of quality on-snow sessions this year. I'm proud of the accomplishments made by each skier on our team this year. The focus of the Superiorland Ski Club Prep Team has always been to help skiers improve their skills, regardless of ability or experience.

We were happy to have many skiers new to the Prep Team this year. We missed dryland training and went straight to snow in late November. It was great to see new skiers progressing along with second and third year skiers picking up from where they left off in previous years with their skiing.

Although racing is not the main Prep Team focus, we encouraged skiers to participate in the Junior Noquemanon. We also encouraged them to try our local race series, co-hosted by the Superiorland and Ishpeming Ski Clubs. These races were well attended by Prep Team skiers and saw many fans (parents) turn out to watch. And for many, this was their first time toeing a start line on skis. We ended our season again this year with a ski cross style race hosted by the Ishpeming Ski Club, at Suicide Hill Cross Country Trails (followed by food and a bonfire).

I would like to thank all the parents, skiers, coaches and parents for being a part of SSC youth skiing. I hope many of you can return next year. This program is the next step up from ski cats within the club. If you are interested in being part of the Prep Team next season, I encourage you to consider joining. We are looking for more coaches next year and people who can help out with: administration, ski rentals, social media and other tasks that help the Prep Team function. Please contact Jeni Kilpela (jeniferkilpela@yahoo.com) if you are interested. Also we are always open to suggestion on how to enhance ski instruction for both recreation and racing. Thanks for the fun season and enjoy the great spring skiing to come!

-Mikael Kilpela, Prep Team Coach

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:

- 2019 Shore Run (aid stations, trail, registrations, awards)
- Ski and Bike Swaps (check-in, check-out, sales)
- O2S Beer Tent (set-up, sales, break down) and Finish Line Station
- Tech Help (websites, Facebook posts etc.)
- Please contact Debby at debby@northjacksonco.com for more info.

**Like Superiorland Ski Club
on Facebook for Updates
on Events, Results and
Practice**



Superiorland Ski Cats

Ski cats has completed another successful season, and it may have been the biggest one yet! We had nearly 100 kids take part in the program this year. As a result of the increased interest we were able to recruit a few new and enthusiastic coaches. Additionally, we have started to update some of our rental equipment. Hopefully we can buy a few new things each year and modernize the equipment fleet.

I've been working with the program for several years now and the kids that are "graduating" to the middle school team are turning out to be great skiers, even outdoing some of the parents! We covered things like map reading, trail etiquette, and several basic ski techniques and where to apply them to varying terrain. Its been great to witness the progress, increased confidence, and smiles and they bomb hills or ski farther than they ever had though possible before.

It is also important to point out that the program only works because of all the dedicated volunteers. The coaches, parent on-snow helpers, and snack coordinators really help make the sessions run smoothly. And where would we be without the doughnut holes and hot chocolate? Looking forward to an even better season next year.

-Steve Kuhl, Ski Cats Coach



Bike Swap

The annual SSC Bike Swap is Saturday, **April 27th** at the Lakeview Arena. All proceeds from the swap benefit the youth ski program. **Bikes are needed.** we also are accepting **kayaks and paddle boards** too. Go through your garage or clean out your shed and bring in those bikes for us to sell.

If you are a ski club member you have early entrance to the sale at 10:45am

Schedule:

9:30 – 10:45am

Equipment drop off

10:45am

Member Entrance

11:00am-12:30pm

General Sale

12:30 – 1:00pm

Equipment Pick up



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:

Marquette High School/Junior Racing Team:

Joey Graci – Head Coach

Logan Zueger– Assist. Coach

Kyle Rambo – Volunteer Coach

Steve Carr– Volunteer Coach

Ski Cats:

Steve Kuhl – Volunteer Head Coach/Coordinator

Volunteer Coaches/Assistants: Melissa Polkinghorne, Chris Cantway, June Link, Angela Palomaki, Chris Coxon, Kristen Erdman and Tim Reeves.

Ishpeming Ski Club Nordic Ski Team:

Dick Ziegler– Head CC and NC Coach

Gary Rasmussen– Head Jumping Coach

Peter Copenhaver– Assist. Jumping Coach

Spencer Prusi– Assist. CC ski Coach

Mary Kay AuFrance– Assist. CC ski Coach

John Carlson– Assist. CC ski Coach

Prep Team:

Mik Kilpela – Volunteer Head Coach

Kellen Wessels –Volunteer Coach

Sam Graci Jr.– Volunteer Coach

Viki Asmus– Volunteer Coach

Tom Asmus– Volunteer Coach



Junior race team athletes after the State Championship banquet.



www.superiorlandskiclub.com

Fun ° Fitness ° Friendship

2019 Awards Banquet

In celebration of another fantastic ski season, you are invited to attend the spring banquet and Superiorland Ski Club annual award ceremony! The event will be held upstairs at the Ore Dock Brewery on Sunday, April 7th at 6pm.

Dinner will be catered by The Border Grill. The cost to attend is \$7 per person ages 7 and up; \$4 per child ages 3-6; and children 2 and under are free.

Please RSVP by March 22nd to Leanne at seedsandsporesbotanicals@gmail.com so that we can provide the caterer with an accurate count. Payments by either cash or check (written to Superiorland Ski Club) will be collected at the door.



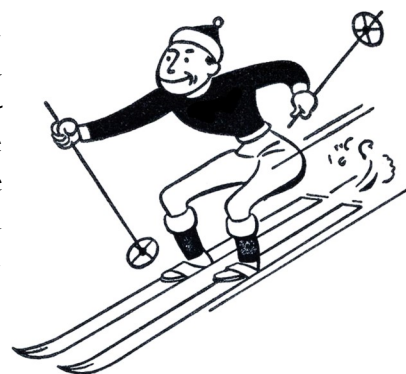
Summer Training

Any high schoolers interested in joining the summer training session please contact Logan Zueger at loganzueger@gmail.com More information to come.

The SSC Board is looking for new members. The board meets the second Monday of the month at Peter White Library. If you are interested in giving back to the club or getting more involved please email Deb Muskovitch at debby@northjacksonco.com

Junior Noquemanon Results

We had a challenging Jr. Noque this year, due to the cold temperatures. We had to cancel our 1K, but sure hope to see our newest skiers out there next year! For those who braved the cold, we had 99 skiers participate in this year's Jr. Noque. Congratulations to the 5K Freestyle overall girl's winner, our very own Erika Asmus, and the overall boy's winner, also our very own, Julien Marlherbe. Superiorland skiers also took second and third place overall, going to Samantha Borzick and Leandra Bruggink, respectively, and Nathan Garwood clinched second place for the boys. Edward Roe, Traverse City, took 3rd. The winners of the 3K races and the age group winners can be found at Superiortiming.com. There are many more Superiorland Skiers on the podium. Congratulations skiers, and a very heart-felt thank you to the many volunteers who made our race possible. We sure are tough here in the U.P.!



-Kathy Wright, Jr. Noque Director

25th Annual Xterra Lake Superior Shore Run, September 14, 2019

The Lake Superior Shore Run will celebrate its 25th anniversary this year. Scheduled for **September 14, 2019** this beloved trail run will feature the same breathtaking views on a challenging course that climbs four of Marquette County's scenic lookouts. And if that doesn't take your breath away, the stair climb will. Tucked along the majestic shores of Michigan's greatest lake, the course is a local favorite, drawing around 300 runners from the region each year. And where else can you get jam for an age group award?

What started out 25 years ago as a way to fundraise for youth skiing and encourage people to be active and healthy, has grown into four events including a trail half-marathon, a 5k run, a 5 mile family hike and a free 1k kid's race. Commemorative race shirts will be included with pre-registration and race organizers are cooking up fun race goodies for the first couple hundred runners signed up for the events. Race details can be found on www.lakesuperiorshorerun.com

The race still supports youth skiing as well. In 2019 over 150 kids learned how to ski in club programs. Race proceeds helps make that possible!

If you'd like to volunteer to help with the race, contact Race Directors, Carol Fulsher, Debby Muskovitch or Jeni Kilpela. Or tell your coach. And your friends. No, seriously. We couldn't put this race on without a large group of volunteers, and we think we have some of the best. So if you can help us stuff race bags, manage an aid station, be a race sweep or with many other things, please email debby@northjacksonco.com.

And if you or someone you know in the community would like to sponsor the Shore Run, there is still time to commit to this 25th anniversary event. Sponsorship questions can be directed to Carol Fulsher at cfulsher@gmail.com.

Whether it's to support youth skiing, enjoying the beautiful course, or both, we look forward to seeing you on September 14, 2019. Register early for your chance at giveaways.

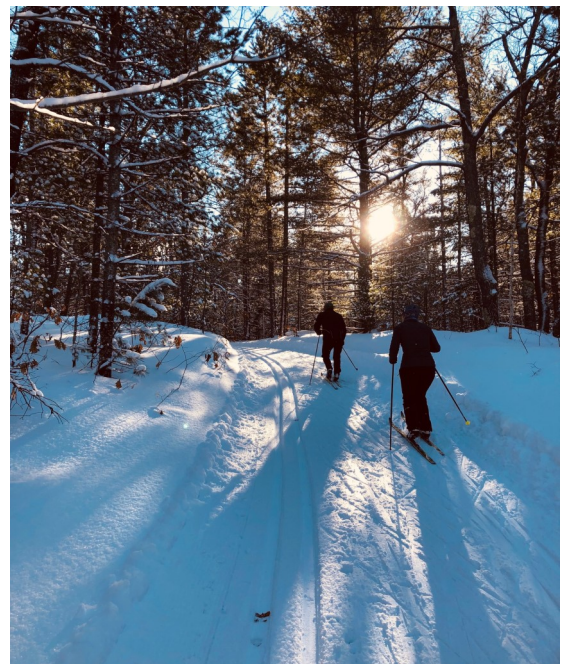
-Jeni Kilpela, Race Committee



Blueberry Warming Hut Update

What do you get when you can start skiing in November and the snow never stops and the parking lot is full at the Blueberry Ridge Trail System? One BUSY warming hut. Fun to see the skis on the racks, a cozy warm fire going and smiling faces inside as skiers are enjoying the benefits of the warming hut. Maybe to get warm, change from a nice ski, visit with friends, having a snack or a gathering of a ski group. Whatever it is...it's just what the SSC/FBB were hoping for back in the planning stages of the hut. To maintain the hut it takes the dedication of the regular volunteers from the beginning and to those who surprise us with a load of wood, shoveling the walk or just keeping an eye on things. THANK YOU!! It takes many individuals to keep it clean and organized, shoveled, wood stacked and some minor maintenance. If you would like to play a bigger role in helping maintain the hut please give any SSC board member a call and if your in the hut please take a donation envelope and consider donating any amount to continue to keep the hut warm, clean and the lights on. Thank you and happy skiing:)

-Friends of Blueberry





Early and late season snow accumulation comparisons of the benches on the Huskey Loop. Look at all the snow!



BIKE & KAYAK

SWAP




Bikes Wanted
 9:30am Drop-Off

Saturday, April 27 • Lakeview Arena



Equipment Drop off: 9:30-10:45
Ski Club Members' Only Sale: 10:45-11:00

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

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

Bring your bikes, kayaks and related equipment and let us sell them for you. A commission will be charged (10% on a single item over \$500, 20% for single items below \$500) All profits will support Youth Ski Programs. For additional information call 362-0809

Econo We Share

We now participate in the store's We Share program and can receive 1% of the total of receipts we turn in. Please bring receipts to the Ski Swap or contact Claire Twohey at cps2e@aol.com to make other arrangements.

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.