

1976 MSHSL BOYS NORDIC SKI RACING STATE MEET

10 Km Classic Results*

Location:	Pine Valley, Cloquet MN	Date:	2/14/1976
Snow conditions:	Cloquet received 25 inches in January and 5 inches in the first half of February. Temperatures stayed below 30 F but jumped to the low 40s for the week leading up to the state meet.	High Temperature:	Race day temperature was 38 degrees but the low nighttime temperatures created an icy track that was difficult to navigate, especially with some of the sweeping downhill turns on the Cloquet trail.

Rank	Name	Grade	Team	Time
1	Tom Waldo	11	Hopkins Eisenhower	34:51
2	Todd Kempainen	12	Hopkins Eisenhower	35:17
3	Peter Dzuik		Cloquet	35:44
4	Hilton Bakker		Walker	36:13
5	Arlen Kirkeide		Blain	36:41
6	Dave Brunjes		White Bear Lake	37:01
7	Jim Sylvester		Hopkins Eisenhower	37:08
8	John Tormundsen		Duluth East	37:22
9	Glenn Fuller		Robbinsdale	37:12
10	Don Rosenburry		Walker	37:59
11	Mark Nenow		Anoka	38:01
12	Kevin Brochman		Stillwater	38:02
13	Chris Medich		Cloquet	38:05
14	Dan Keleban		Minneapolis Washburn	38:11
T-15	Joel Malkerson		Edina West	38:25
T-15	John Malkerson		Edina West	38:25
17	Jeff Salemey		Minneapolis North	38:28
18	Randy Holt		Minneapolis North	39:10
19	Bob Kilpo		Duluth East	39:13
20	John Diefenthal		Minneapolis Roosevelt	39:27
21	Terry Ziehl		Cloquet	39:34
22	Lindsey Brown		Stillwater	39:34
23	Bill Welch		Aurora	40:22
24	Roger Schaeffer		Park-Cottage Grove	40:28
25	Joel Rem		Stillwater	40:30
26	Dan Carlsen		Edina West	40:39
27	Paul Peters		Minneapolis Roosevelt	40:51
28	Mike Adams		Lincoln	40:54
29	Dan Johnson		Minneapolis Central	40:59
30	Paul Karpinski		Minneapolis Roosevelt	41:54
31	Tom Speak		North St. Paul	42:05
32	Scott Anderson		Lincoln	42:08
33	Ron Simonson		Aurora	42:09
34	Rob Kleven		Grand Rapids	43:22
35	Brian Carter		Minneapolis North	43:34
36	Jeff Lakal		Aurora	43:48
37	Kevin Sande		Bemidji	44:16
38	Mark Waters		Lincoln	45:45

*Results from Minnesota State High School League 1976-77 Handbook

Stories of Tom Waldo and Todd Kempainen can be found in Amazon book "Norm Oakvik: The Inconspicuous Coach"

www.amazon.com/dp/B0DX7JZ9SK

Cross-country Team Scores				
Place	School	Time	Top Two Times	Pct
1	Eisenhower	70:08	34:51+35:17	100.000
2	Cloquet	73:49	35:44+38:05	94.989
3	Walker	74:12	36:13+37:59	94.519
4	Edina West	76:50	38:25+38:25	91.280
5	Stillwater	77:36	38:02+39:34	90.378
6	North	77:38	38:28+39:10	90.297
7	Roosevelt	80:18	39:27+40:51	87.339
8	Aurora Hoyt Lakes	82:31	40:22+42:09	84.976
9	Lincoln	83:02	40:54+42:08	84.431

Corrections or additions, please email Doug Edmonson at edmonsondm@outlook.com



Tom Waldo was the second-ranked skier on Hopkins Eisenhower's Nordic team all season. Todd Kempainen was unbeaten up until the state meet. Kempainen, skiing on a new pair of untested Fischer fiberglass skis, could not control the faster skis on the downhill, causing him to take several falls on the icy track. The falls cost him at least a half minute and helped Waldo, who skied flawlessly, to take the upset win. Fiberglass skis would take over the high school ski scene within the year, changing the sport in many ways.

CROSS-COUNTRY SKIING



CROSS-COUNTRY SKIING: L TO R: Coach — Lanin, Chris Tower, Steve Saunders, Jeff Delewiche, Steve Olsen, Mitch Brenny, Chip Koehler, Mike Handel, Jim Waldo, Russ Johnston, Eric Bartz, Loren Hooyman, Peter Soulen, Jay Pearsall, Craig Rasmussen, Jim Sylvestre, Tom Waldo, Greg Nichols, Todd Kempainen

Hopkins Eisenhower - 1976 Nordic Ski Champions

CLOQUET
1976 STATE CHAMPION



Left to Right: Kneeling - Doug Kovala, Christ Medich, Scott Sobczak, and Scott Elmquist.
Standing - Coach Joe Nowak, Kent Olson, Lance Giblin, Jim Baker, Peter Dziuk, Terry Ziehl, Coach Mike Marciniak.

STILLWATER
1976 STATE RUNNER-UP



Front Row L to R: Dewey Niemi, Jeff Rosell, Doug Johnson, Tom Huninghake, Don Strohhahn, Brad Berg, Coach Len McGuire.
Second Row L to R: Mac Read, Mark Brine, Rick Callies, Joel Rem, Kevin Brochman, Frank Raduenz, Lindsay Brown, Jim Bergen.

Cloquet and Stillwater tied for Overall Team Champs but Cloquet won on a tie-breaker. Stillwater would continue to improve and win several more team titles in '77, '78, '79, '87, '90 and '96 under Coach Bill Simpson.