

LAPPE NORDIC

Lappe Nordic Ski Club www.lappenordic.ca

Special Interest

Achievements

- Lappe ranks third in the country, 2004 Canadian Championships Club standings
- Becky Laakso named to the National Ski Team.

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PRESIDENTS MESSAGE : Liz Inkila

Lappe Nordic Ski Club had a great 2003/2004 ski season. Mother Nature cooperated this year and produced early snow and pleasant temperatures.

Our club hosted 27 races this year, including the Fresh Air Series. We should all take great pride in this accomplishment as the ability to produce quality events is truly a full club effort.

One of the highlights of

the season was the Fresh Air Series classic relays in February. Only at Lappe can an 8 year old be teamed up with a Canadian National gold medalist. What an incredible inspiration these events have on our youngest racers! The Canada Cup held in January was a huge success with 170 racers participating. Hosting these events brings great rewards to all. The 25th

season was celebrated in style at the Run & Ski. It was great to watch Reijo's face when the Ontario Winter Games racers presented him with the Salt Lake City banner.

Our club is very proud of our athletes who traveled to the Nationals and Ontario Winter Games this season. At the Nationals in Charlo, New Brunswick, we had several podium finishes, and many more top ten placings. Our

FRESH AIR WEDNESDAY NIGHT RACING – PAUL INKILA

The tradition of Wednesday Night racing continued in a big way in 2003-2004.

As the original sponsor “Bailey’s” announced they were going out of business last year, Fresh Air came forward almost immediately to provide their support. Let them know how much you appreciate this when you're in the shop.

The Wednesday night officiating/timing crews has developed into a world class team. Not too many ski clubs could put together and run off an event such as our last set

of 111 head to head sprints in 45 minutes! This kind of practice makes Lappe very comfortable putting on bigger events.

Many Wednesday night formats were designed to give athletes practice for the same event in bigger competitions such as the Sprints at the Nationals and Ontario Winter Games.

Event formats were varied from traditional early season individual/mass start free and classic technique races, to more interesting formats later in the year, same night reverse pursuits, Le Mans

start, round robin sprints, etc.

Participants ranged in skill and age, from National Team members to 8 year old Jackrabbits. Only on Wednesday nights are the two equal!

The overall 2003/2004 series winner was determined from everyone's best 8 races. This year Katherine Hall finished first, defeating last year's champ Todd Inkila by 1 point! Katherine was awarded a \$400.00 set of Swix poles from Fresh Air Experience for her win.

Canadian 2004 College/



Above: "Beckie and Friends!" At the Nationals, Lappe's own "Kelsey, Christina, Beret and Becky Laakso with Olympic Gold Medalist Beckie Scott

Below: Senior Women's Relay Team, Tasha Betcherman, Becky Laakso, and Jill Maepea



Presidents Message

Senior and Challenge women's relay teams earned silver medals on the first day of action. This led to a third place ranking overall in the country at the Nationals.

At the Ontario Winter Games, we again had several podium finishes and top ten placing. These results illustrate the depth of our club programs through all age categories. Congratulations to all athletes and coaches!

This upcoming season is a year of transition for Lappe Nordic with Reijo retiring from fulltime ski operations. It represents a crossroads in our growth as a club. Our club executive board made some tough decisions regarding the continuing operation of the ski centre. We felt that for Lappe Nordic to continue as a premier race facility, this endeavor required an entire community effort. We hosted a meeting of interested parties to discuss the possibilities. A steering committee was formed to pursue funding possibilities for a feasibility study. This study will explore different purchase funding opportunities and management options for the ski centre. We hope to have this in place in the fall of this year. At that time, we will have a general meeting of the club and interested

community members. It is our hope that our many talented and skilled membership will come forward to offer their services to make the transition a reality. The success of this is dependent on many people working towards a common goal.

Over the years the Ski Centre has become many people's home away from home. Reijo and Tuija's generous hospitality has made this possible. We all enjoy its uniqueness. The kilometer board grabs someone every year and this year is no exception. Please come forward with your ideas, services and knowledge, so this tradition can continue and the "Lappe Standard" will hold.

Lappe Nordic will be holding its Annual General Meeting on Monday, May 17, 2004 at 7:00 p.m. at the ski centre. This year, more than ever, we need all active members to attend. Our club is run by a small but dedicated group of volunteers and new faces are always welcome. Please consider helping out in any way as "Many hands make light work!"

As everyone is aware, Thunder Bay will be smoke free beginning July 01, 2004. As this is a welcome improvement,

there are some negatives. Our club runs one Bingo a month. This revenue helps to support the club in a number of ways including travel for our junior racers, facility rental, and locker rental for club skis. It is anticipated that the smoke free bylaw will severely reduce bingo revenues at least in the short term. We are looking for lucrative fundraising ideas. Please come to the AGM if you can help in this area.

A heartfelt thank you goes out to all the club volunteers this season. It is really great to work with such wonderful people. If you have any questions or concerns, please contact me.

Liz Inkila , President

lizinkila@hotmail.com or
767-1860

FRESH AIR WEDNESDAY NIGHT RACING...continued

University champ Will Fitzgerald finished third.

We continue to try and improve Wednesday Night racing and welcome your suggestions on events, format, prizes, etc.

Everyone is welcome to come out next season to participate as a racer, official, or even as a pancake eating spectator!

Paul Inkila

2004 MAROSTICA SUBARU 24 HOUR OF LAPPE

Conditions for the 2004 24 Hour Relay were relatively fast, but not the most pleasant to be outside. Most of the skiing was done in damp, foggy conditions. The exception was a downpour of rain between 2 and 5 a.m., but with temperatures hovering close to 0 C most of the time, skiing remained relatively fast.

Several records were broken during this year's event. Thunder Bay NTDC coach Jussi Piirainen skied 387.5 km, breaking former coach Pekka Kemppe's 1996 North American solo record of 350 km. The mark also eclipses Werner Schwar's event record of 315 km set

in 2001.

Lappe's Timo Puiras and Becky Laakso skied 447.2 km as a team to better the male/female pair record of 382 km set in 2002 by Juha Metsaranta and Netty Panu. Timo also had the fastest lap of the event....4.3 km in 9:51:1, which I believe is an all time record for Lappe!

The farthest distance skied in the event was 500.6 km skied by the team of Riku Metsaranta, Werner Schwar, Will Fitzgerald, and Jeff Moustgaard.

Other prizes awarded for the event:

Oldest Skier: Ted Stone

Youngest Skier: Brenna

Randall, Laura Inkila (6)

Best Hat: Britt Bailey

Best Ski Suit: Luke "retro" Viljakainen

Best Bonk: Jeff Seguin with Jeff Moustgaard a close second

Most Pledges: Jim Crooks

By: Paul Inkila

Lappe Contacts

www.lappenordic.ca

Lappe Hotline 623-3735

Liz Inkila, President

767-1860

lizinkila@hotmail.com

Judy Hall, Jackrabbit Info 767- 9638

Snow phone and Trail Conditions 767- 2423



Above: Lappe's Senior Men – Riku Metsaranta and Werner Schwar

Below: Members of the Junior Racing Team Lauren Stoot, Kelsey Dool, Kathryn Hall and Christina Groulx

COACH'S REPORT – MARC METSARANTA

The past season was the second year of the present version of the Lappe racing program. Among the goals for the year was to have competitive club relay teams in all age categories at the Nationals – result, 2 silver medals, and a 4th and 5th place finish. Another goal was to win some individual medals at the Nationals, especially junior medals – result, silver and a bronze.

A bonus was finishing as the third ranked club in points based on individual finishes at the Nationals – the highest ranked Ontario club (Lappe second in

1997, but if ever first, unknown?), Lappe athletes attending the Ontario Winter Games, also won several medals. All athletes have gained an increased knowledge about the demands and commitment necessary for successful ski racing.

Much improvement is necessary and possible, so the coaches are going to take steps to achieve this. The coaching staff has expanded. Each athlete in the program will have a personal or individual coach who will work more one-on-one with their athletes. The goal is to improve the delivery of the racing program, then hopefully

improve every athlete's performance and results.

Marc Metsaranta

Head Coach

628-2435 or 344-4957

Reijo's Heartfelt Thanks!

Reijo wishes to pass along his heartfelt thank you for all the support and special attention awarded to him and Tuija at the year end BBQ.

He was thrilled with his Salt Lake City banner presented to him.

He thanks the athletes and members for their thoughtfulness. Thanks!



"Lappe's ranked third in the country for the 2004 Canadian Championships Club standings.



Above: Lindsay Inkila

“Lappe Nordic Jackrabbits won the L.S.S.D Jackrabbit Award at Mink Mountain

Below: Michael Somppi, Travis Comeau, and Matt Schoales



“Some of Lappe’s dedicated Volunteers, Dave Stoot, Allister Grant, and Derek Dool

LAPPE NORDIC JACKRABBITS – JUDY HALL

Here’s a quiz? How many Jackrabbits does it take for a successful ski season? The answer is: 59 plus 10 leaders and many wonderful assistants.

Once again the Lappe Nordic Spirit came alive for our Jackrabbit program. Club members, Jackrabbit parents, and Junior Development skiers graciously offered their services as group leaders, assistant leaders and program volunteers every Saturday morning all season. Their efforts were very much appreciated. Thank you!!

Jackrabbit skiers across Ontario and at Lappe were sporting blue, red and white trimmed Auclair toques this year as part of the registration package. We worked with a slightly re-designed program this year. Program booklets and stickers are now the Jackrabbit Skills Awards. The award system was a little different for us this year, not only did it recognize skills, but it

emphasized frequency of ski outings between Sat. morning Jackrabbit sessions (Snow Goals). It did not recognize distance skied in the season (we do love to keep track of kilometers at Lappe!!) or number of ski tours and races attended.

The children skiing at Racer Rabbit level and Challenge used the old program as the Junior Development Program for ages 10-13 had not been prepared yet.

We continued to pack as much into our 16 week program as possible. I think I can honestly say that we did it all. Here it goes: a great bon-fire Christmas party (thanks Gerry S.), Boxing Day Races, Lappe Invitational Children’s races, Fresh Air Series (Wed. night races), another successful Jackrabbits Café, Kamview Ski Tour, Marathon Ski Tour and the 24 Hour Relay. We must be the “Ever ready “bunnies! How can we

possibly fit in my goal for next year, to ski Atikokan’s Chocolate Cup races on Valentine’s Day. (all awards in chocolate!), of course I cannot end this article without saying that “Yes” indeed Lappe Nordic Jackrabbits won the LSSD Jackrabbit Award at Mink Mountain.

Congratulations to all of our skiers for their superb efforts!

Enjoy our wonderful Thunder Bay summer, swim, bike, walk, run, water ski, even read! Have fun!

The Big Bunny –
Judy Hall

Award Winners

Presented at the season ending BBQ.

Diehards –
Ripley/Comeau family.

Pauli’s Award – most improved skier – Michael Somppi and Chris Hamilton

KM Board: Dan Urgray

Won the grand prize of a Kona Mountain bike.

REMINDER BINGO DATES

Sun. May 09, 2004 – 5:15
Red River Road

Wed. Jun 02, 2004 – 5:15
Red River Road



2004 CANADIAN NATIONALS, CHARLO, NEW BRUNSWICK

— A POEM BY BERIT AND KELSEY DOOL, AND CHRISTINA GROULX

A morning of chaos,
Creates an afternoon
of cheer,
which leads the girls,
to a race of great
fear.

Unable to follow
a simple marked
course,
would find the lead,
with feelings of
remorse.

As the gun goes off,
to start the race,
Poor Kelsey found
herself
trying to catch the
pace.

After determination
and power,
Kelsey skied to the
front
gasping for breath
she bellowed a great
grunt.

After spotting two
officials
Centered middle of
the trail
she questioned her
knowledge
with feelings of fail.

Eeny, meeny, miny,
moe,
which way shall she
go?
Choosing the right
instead of the left,
maybe her thinking
was a little bereft.

As Christina warms up
before her race
she doesn't realize
the nightmare she's to
face.

Looking into the stadium
Kelsey is spotted.
Exceedingly to early,
unlike what they plotted.

Still in her warm-ups
with no time to waste
She grabs her poles
and starts her leg of the
race.

Throwing a hissy fit
is what Jim does best,
at these moments in time
when he becomes very
stressed.

His mitts are thrown
Hard on the ground
Without realizing
He has made a loud
sound.

Meanwhile in the race
office,
Disputing brews,
Should the race
continue?
Or just start a new.

In utter confusion
not knowing what to do
Kelsey's group is sent
out
Even though they don't
want to!

A decision is made

but what can it be?
The race is postponed
to relief of the three.

But where are my
teammates?
Berit confusingly asks
both of them gone
Unaware of the next task.

A half hour later,
the girls came to a halt
As the race will be
restarted
Since it was the officials
fault.

An exhausted trio
have three hours to rest,
Knowing that soon,
They'll be put to the real
test.

With jittering nerves
Kelsey approaches the
line,
Hoping to win
A medal this time.

Kelsey is gliding at full
speed
Once again ahead of the
pack,
This time prepared and set
to go,
Christina waits for Kelsey
to come back

Flying through the course,
The lead is kept.
Until the end,
When Mallory lept.



Ontario Sweep...
Lappe's Challenge
Girls Relay Team,
Kelsey and Berit Dool
and Christina Groulx

*"Up on the podium,
We felt like queens,
And our parents,
Were proud of their
teens!"*

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See us at:

www.lappenordic.ca

2004 CANADIAN NATIONALS ... cont.

Remaining positive,
Christina keeps her
cool,
Not willing to waste,
Any remaining fuel.

Christina's strong
finish,
Keeps the hope alive,
Pressures now on
Berit,
To be first across the
line.

MASTERS PROGRAM – JIM GROULX

Once again the Werner
Schwar led group completed
another successful season.

Many thanks go to those
instructors who also helped
hone the techniques of close
to 20 adults of various ski
abilities. Reijo Peltoniemi with
his great analytical skills,

About Our Organization... Lappe Nordic

We support a very healthy
lifestyle. We believe in
keeping fit and having fun!
We encourage personal
goals and the element of
competition, to a degree
with which you are

Anxious to beat PSR,
Her start has a fast
pace,
But in the end,
Finishes second in
the race.

Although we won
silver,
It felt like the gold.
All of our hard work,
Was now being
showed.

Becky Laakso for taking
time from her World Cup
Quest and Will Fitzgerald
who helped with his
national champion form.

The masters group takes
a relaxed, but (somewhat)
serious look at how to ski
better for skiers of ANY

comfortable. But best of
all, the skiers, coaches,
and members make going
"skiing at Lappe" a
memorable experience.
Please enjoy a ski at
Lappe and experience it

Up on the podium,
We felt like queens,
And our parents,
Were proud of their
teens!

Already preparing,
For the next season
to come,
We know we will,
Kick some major "ski
bum!"

By: Berit, Kelsey and
Christina

ability level. Both classic
and skate Techniques are
covered on a once a week
basis.

For more information, call
Jim Groulx at 767-4332.

for yourself! You won't be
disappointed! Don't forget
the sauna and pancakes!

Have a safe and
wonderful summer...see
you in fall!

Any comments or suggestions for the Newsletter please contact Janice Groulx/Editor

jgroulx4@shaw.ca or 767-4332

**LAPPE NORDIC SKI
CLUB**