

Lappe Nordic Ski Club
35 Prospect Avenue
Thunder Bay ON P7A 5K9

Fall 2008

Some Presidential Thoughts – Werner Schwar

Hello everyone. I hope everyone had a good summer, and is enjoying the autumn. It is the time of year again where it could snow any day or be +20C. For me waiting for that first snow is sort of like a child waiting for Christmas – how many more sleeps?

If you are a returning Club member welcome back, if you are a new member welcome to the Lappe Family. Please don't be shy in asking anyone in how you can get involved in the Club, as there is always room for people who would like to help make the Club even better. One job that we as a Club really need help with is publicity and promotion. We have to sell ourselves and the great programs and events that we are really good at hosting. A great example of this was this year's Sawdust Run where Becky Puiras took on the task and the result was our highest participation ever at 105 people. Many thanks to Becky and all those who helped make the event a success. If you can help out with promotion and publicity even for one event in the year, please let anyone on the Club Executive know.



*Werner Schwar
2008 Ten Mile Road Race*

Important Dates

Bingos

Sat, Nov 1

Wed, Dec 23

5:30 @ Auditorium

Open House

Oct 18 @ 1-3pm

Lappe Ski Center

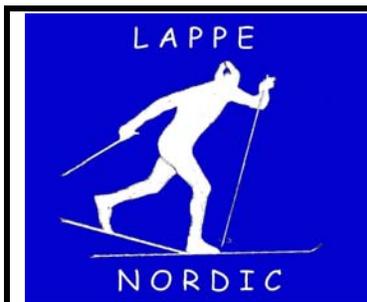
*Watch For The
Open House Premiere
DVD Of Lappe
Racing 2007-08*

One related item your Club

Executive is currently working on is the development of a Strategic Plan for the Ski Club. Unfortunately, as with many volunteer groups these days our Club membership is stagnant or in slow decline with too few people doing the majority of tasks. The Club Executive thought that such a Strategic Plan is essential for the Club to survive and hopefully thrive. This work in progress has involved critically looking at our strengths and weaknesses, as well as opportunities for and threats to the Club and the development of a mission statement. From this we will develop a plan to guide us to help grow the Club. Many thanks to Dave Rees and Jean Bristow who have agreed to help us. They are long time ski gurus who have recently moved to the

Thunder Bay area all the way from Canmore Alberta and have wealth of ski experience and knowledge.

Hope to see you all at the Lappe Open House on Oct 18.



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Masters Group – Werner Schwar

The Masters Group meeting time is tentatively set for Thursdays...to commence as soon as we get some snow! Watch for further details on the 2008/09 Masters Group at www.LappeNordic.ca or contact Werner at wsla@tbaytel.net for more details.

Athletes Report – Katherine Hall

Well summer is over, which means it's time to step up the intensity at training! The intensity has increased at practice which means that snow will soon be here, and we are all looking forward to that. In the mean time, we raced in the Sawdust Run and faced some of the best competition in a few years with over 100 participants and of course had a great time running. Also, High school XC-running, as well as elementary level, has begun, so watch the results for the names of the Lappe Athletes. Also if you follow SSSAA you'll notice Lappe Athletes in football, volleyball, cross country running and basketball. As a team, we continue to train around the city at some of our favourite sites such as Centennial Park, Trowbridge, Hillcrest Park, Tapiola, Mt. McKay and of course on the trails at Lappe. We are looking forward to the first Ontario Cup, which will be held at Highlands Nordic, Duntroon, Ontario in mid December. After that race season will be in full swing. We hope to see you at the Open House and if not, soon on the trails!



*Katherine Hall
2008 Sawdust Run*

New Lappe Warm-Up And Race Suit(s) Order – Katherine Hall

As promised in the last newsletter, Lappe is getting new race suits. We are ordering them from Podiumwear, the same company that suits Indi2010. At the Open House we will have the designs and prices available. If you are unable to make it then or have any questions or interest in the suits please email me, Katherine, at kehall@lakeheadu.ca.



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Lappe Biathlon – Becky Puirus

The Lappe Biathlon Club is entering its second season and is gaining momentum. The summer was spent doing some shooting & training, some trail-cutting, some shed-building (to store equipment at the range) and some more shooting & training.

The racing season kicks off in December with some Manitoba Cup races in Falcon Lake and NorAm Cup/US Senior Trials in Mt. Itasca. Sault Ste. Marie will be hosting the Ontario Championships this season - their first race in a number of years - and the Canadian Championships will take place in Valcartier, Quebec.



We are hoping to continue to build the sport of biathlon in Thunder Bay next year (2009-2010 winter) with the inception of a Biathlon Bears program for kids ages 8 - 14 who are enrolled in the Jackrabbits program.



For updates and results please see our website at:

www.skiandshoot.com

If you wish to join us or have any questions, you may email us at:

lappebiathlon@gmail.com



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Coaches Report – Paul Inkila

Lappe's Junior Racing Team continues to be the focus of the Club's racing development efforts. The Team is entering a period of renewal this year, with the graduation and departure of some veteran racers:

- Berit Dool who had been coaching the M&M's (Racing Rabbits) is pursuing graduate studies in Kinesiology at Queen's University. Good luck Berit!
- Todd Inkila is attending U of T and is focusing athletic efforts on his football career. He has hooked up with the Ski team so we'll likely see him in the winter.

Here are some other notes on Lappe's Junior Racing Team that has been training together since spring:

- Lauren Stoot and Katherine Hall are the veterans of the Team in their last year of Junior age skiing. They should be more comfortable this year juggling the requirements of high end ski racing with a full university class schedule. Both ski for Lappe and Lakehead U.
- Lindsay Inkila hopes to continue her multi-sport success, and repeat as overall Ontario Cup Ski and SSSAA basketball champion.
- Kim Darosa will be working her skate technique this year to become more than a classic specialist (Check the Video Collection on the Lappe website for a 'classic' passing move executed by Kim in an Ontario Cup skate race.)
- Jeff Budner is aiming to crack the Ontario Development Team this year and challenge consistently for medals in Juvenile Boys. He just missed the qualification criteria in 07/08.
- Evan Palmer-Charette is in his first year of O Cup competition as a Juvenile and will be spending time learning the ropes of training, traveling and not getting sick.



*Paul Inkila
2008 Sawdust Run*



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New to the Junior Racing Team this year are 3 eager Midget age skiers with no lack of ski racing experience. Brady Harkonen, Rachel Stoot, and Laura Inkila have graduated from Berit's tutoring as Lappe M&M's and have regularly been training with the bigger kids.

We had 30 Team practices through the summer and all of Lappe's Junior athletes attended at least half. That bodes well for the autumn ramp up of training hours and intensity as we prepare for racing season.

See you on the hills!



*Brady Harkonen
2008 Training Camp*

Sawdust Run 2008 – Becky Purius

The Lappe Sawdust Run was a great success this year, with a record number of participants taking on the challenging course. The \$500 cash prize that was offered to any man or woman who could better the course record made for some exciting moments.

Big Thunder coach Adam Kates set an amazing pace, finishing within a heart-breaking 2.6 seconds of the record, and winning the race by nearly 4 minutes. The men's record, set in 2001 by Karl Saidla, is 39 minutes, 7 seconds for the hilly 10.8 km course. The second-place prize went to runner Jacob John (43:03), while Beau Mondesir finished third in a time of 43:31.



The women's 5.4 km race was dominated by another skier, Anna Crawford, who was just 8 seconds behind Brittany Webster's course record of 22:10 (set in 2006). Crawford was 1:05 ahead of Daphne Haggarty (23:23), who won the girls 14-17 age category. The third place woman was local runner Nicki Wilberforce who finished in a time of 24:03.



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Jackrabbits – Fiona McKenna

Big Bunny's Coat is Changing Colours!

Have you seen any bunnies or snowshoe hares around you in the bush? What colour were their feet? Hopefully turning white! Well, here at Lappe, the new Big Bunny/Jackrabbits Coordinator is someone who really loves to see kids on snow – Fiona McKenna.

This will be my first year to gather and guide leaders and their young skiers in the Jackrabbit Ski Program. I am looking forward to meeting parents at the Lappe Open House on October 18th from 1-3pm at Lappe Ski Centre, and also throughout the year.

This year, I foresee a large group of younger skiers taking flight over the first hill out of the stadium only to return hours later with sweaty moms and dads taking up the rear. The older beginners will be progressing steadily towards independence and confidence. The experienced jackrabbits will probably burn-up several loops including Massaro's and the Grunt before having a snack and a ski-soccer game.



I am interested in providing opportunities for parents and caregivers to improve their ski technique and comfort on the snow. To that end, I would encourage parents to consider participating in the Masters ski nights. I will commit to teaching in this program. We will be organizing a babysitting brigade for this night and also some babysitting for Saturday afternoons after the children's program ends.



This will allow parents to ski more freely and hopefully fit in a sauna and shower.

I am recruiting leaders. Please steer towards me, anyone who would like to ski with a group or team up with a young racer who could provide some examples of ski technique during the session while the leader maintains the group. Forms are available on the Lappe website for those who miss the Open House.



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Smile – You're On Lappe Camera



*Kim Darosa & Evan Palmer-Charette
Lappe Training Camp*



*Robbie Weldon
2008 Ten Mile Road Race*



*Lindsay Inkila
OSG 2008 Triathlon (Ottawa)*



*Todd Inkila
University Of Toronto*



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Smile – You're On Lappe Camera



*Marilyn Ailey & Nancy White
2008 Sawdust Run*



*A Little Basketball At The
2008 Lappe Training Camp*



*Chow Time
2008 Lappe Training Camp*