LAPPE NEWSLETTER

Autumn 2011

www.lappenordic.ca

President's Message

By Werner Schwar

Hello everyone. I hope everyone had a good summer, and you are enjoying the autumn. October already! That means it will not be long until we might be skiing. If you can remember my message from last year, the goal was to be able to ski for a full six months. With the fairly early snow we had and cool spring it was pretty close. I look forward to trying again this year.

Your Lappe Executive Board has been hard at work over the summer planning events for the upcoming ski season. There should be something for everyone ranging from fun family events to hosting the Ontario Cup in the first weekend of January. If you are not racing yourself, please consider getting involved as a volunteer. There are lots of opportunities to help out.

The big change for our Club that the Executive Board has been working on has been to hire a paid coach/ programme coordinator. We currently have a job posting on the Cross Country Ontario and Cross Country Canada websites. Our goal is build up participation in our Club programs at all levels from Jackrabbit to Master Skiers, not just for hard core racers, but also for the occasional Citizen Participant at the many local events Thunder Bay has to offer. This is a considerable shift from the Volunteer Coach model that Lappe has had. I wish to give a big thank you to all of our volunteer coaches of the past. Most recently Paul Inkila and Steve Hart have put in many hours coaching our young skiers. Even with a paid position, the Club still needs volunteer coaches at all levels to build up the program. The paid coach/ programme coordinator is the model that most Ski Clubs across Canada are now going to.

The real driving impetus for the Executive Board is to boost membership in our Ski Club. We do need to increase our membership base to help both run programs and have enough participants to make them successful. So, if you are a returning member welcome back and encourage all your friends to join. If you are not currently a member, please consider becoming a Club member – you will then have access to all of our many programs.

Enjoy the rest of the fall and the upcoming winter. Hope to see you all at the Lappe Open House on October 15.

Photo credit: John Sims

Werner Schwar is the president of the Lappe Nordic Ski Club and is an experienced racer. He's a former member of the NTDC Thunder Bay, and competed for Lappe at last year's Masters World Cup.

IN THIS ISSUE...

President's Message	Page 1
Club Programs	Page 2
Fall Trail Work	Page 2
Racing Team Update	Page 2
Jackrabbit Update	Page 3
Geocaching at Lappe	Page 4
SSSAA Nordic Skiing	Page 4
Somppi makes NST!	Page 5
2011 Nordic Fest	Page 6
Lappe T-shirts & Hoodies	Page 6
Dave Rees Award	Page 7
Events Schedule	Page 7
Preparing Skis for Winter	Page 8

Mission Statement

Lappe Nordic Ski Club provides an environment for individuals to strive to reach their personal potential in skiing.

Club Programs

Lappe Nordic Ski Club is adding more programs this year to ensure that everyone in our community can be involved at the level at which they will benefit most. We will still continue to offer the same great programs as before, but we are hoping to help bridge the gap between Jackrabbits and Junior racers for those youth in the 10-13 year old group who are keen on racing and want to learn to be more competitive. The "M&Ms" (Midgets and Mini-Midgets) group will meet 2-3 times a week throughout the racing season, and will participate in at least one out-of-town race.

We will also continue to offer the weekly Masters Technique sessions as before, but we are adding a fun new group called "Citizen Racing Team" for those seniors and masters who wish to train and/or compete with a team but aren't ready to commit as much time as the elite racing team. This group will be led by the Head Coach and aided by our experienced Seniors and Masters skiers including Steve Hart, Werner Schwar and Becky Puiras, among others. If you'd like to try your hand at loppet racing, Ontario Cups, Masters racing, or if you just want to have a fun group of people to train with weekly, then this is for you!

See the Programs page on the Lappe website for more information.

Fall Trail Work

Another half kilometer or so of rolling terrain was added to Maaritta's Loop this fall. It has one tight corner at the back which may be easily avoided by taking a cut-off before you descend. This additional loop will give skiers an even 8 km of recreational trails to enjoy, and the plan is to add some lights to Maaritta's Loop in the future, making the complete lighted trail distance over 6 km. Come for a hike and check it out at our October 15th Open House.

Please consider coming out to the club clean-up day October 29th to help get the ski centre ready for the upcoming season!

Lappe Racing Team - Summer 2011

By Paul Inkila

Lappe's dedicated Racing Team continues preparation for the winter racing season. The Team has a varied level of age, skill, experience and goals, but everyone is dedicated to performing their best this winter.

The training season begins in May. The summer always seems long to skiers, but is critical to on-snow success. The Team has been busy with a balance of strength exercises, pole walking, striding, rollerskiing and running. The Lappe summer training camp is a highlight. This year was no exception, with an intense weekend of training activities and instruction.

Racing Team Summer Training

Lappe's skiers usually compete in numerous cross training activities. Achievements this summer and fall include the following:

- Our three high school age racers – Evan Palmer-Charette, Brady Harkonen, Laura Inkila - are competing in SSSAA cross country running with consistent top 10 results. Laura and Evan have medalled multiple times.
- Evan and Katherine Hall raced several times in the Fresh Air running race series at Kamview.
- Coach Steve Hart won the June Classic 10K road race, with our other skiers also in the mix.
- Laura won the overall women's Sport class title in Black Sheep mountain bike racing this summer while her dad Paul was 5th overall in the Elite class.

The Team's fitness level has improved over last season; everyone improved their Sawdust Run and other Lappe-standard test run times from last year.

The Lappe Strength Test is a once a year chance to show work done in the gym, and compare results to past Lappe skiers. This August Katherine Hall set several women's standards. Below are the all-time Lappe strength test records:

	Male Record	Female Record
1 min Sit ups	**64** Jeff Budner 2009; Joey Palinka 1990	**62** Brook Latimer 1990
1 min Push ups	**75** Steve Hart 2009	**64** Kim Darosa 2010
Max Chinups	**24** Jeff Budner 2010	**10** Britt Bailey 2007
Vertical Jump	**66 cm** Todd Inkila 2009	**52 cm** Britt Bailey 2007
Flexibility Test	**20cm** Joey Palinka 1990	**21cm** Anne Schwar 2010

10m Shuttle	**9.6s** Todd Inkila 2009	**10.8s** Lindsay Inkila 2008
5 Stride Jump	**13.37m** Todd Inkila 2009	**11.1** Britt Bailey 2006
50m Dash	**6.4s** Todd Inkila 2010	**7.6s** Katherine Hall 2011
1 min Box Jumps	**70** Jeff Budner 2009	**50** Katherine Hall 2011
1 min Dips	**79** Steve Hart 2009	**51** Katherine Hall 2011

Paul Inkila is an experienced Masters racer who has been helping to coach the racing team the past few years and can still often put the younger racers to shame.

Welcome to Lappe Jackrabbits

By Fiona McKenna

It's exciting to prepare for another year of skiing at Lappe Jackrabbits! This year we will have a co-coordinator: Stephanie Marler. We will start activities on November 12, 2011. Our skill development program will continue to be based on Cross Country Canada's model. "The overall objective of the program is to assist children in the development of a love of the outdoors, a healthy lifestyle, excellent technical skills and a good level of physical fitness within a sport environment." (cccski.com).

The Bunnyrabbit Program (5 and under), aims to introduce cross-country skiing and a healthy lifestyle associated with organized activity and active play. The Jackrabbit Program (6-9 years), aims to develop basic cross-country ski skills (both classic and skating) and to instill a lifelong interest in the sport. The Track Attack Program (10-12), aims to refine technically competent cross country skiers and to utilize those skills to explore a wide range of cross country ski activities.

The boys at Boot Camp

This year we will be broadening the depth of the Track Attack program. In September we hosted Lappe's "Boot up Boot Camp" at Sleeping Giant Park. This experience provided opportunities for children and their families to enjoy adventure and team based activities. Dryland training techniques such as strength, flexibility and ski walking were also practiced in a fun environment. Our activities continue on Tuesday evenings during dryland and on snow part of the year. Our program will link to some fun based competition activities, such as the Lake Superior Ski Division Tournament, club races, ski tours, and the Ontario Cup and Ontario Midget Championships for Midget-aged athletes.

Exploring the Sleeping Giant at "Boot Up Boot Camp"

While kids learn skiing, the parents learn skills too! A large part of our budget will be spent on developing coach leaders (ie parents and others). The first workshop, "Introduction to Community Coaching", will occur on December 11, at Kamview Ski Centre. The second course "Community Coaching", will occur on December 17/18, at Lappe Nordic Ski Centre. The Lappe Jackrabbit program will support coach leaders by covering the cost to ensure our sessions are facilitated in a consistent and compliant manner by trained coach leaders. Please note that a new stipulation for teaching, volunteering and travelling with skiers under age 18, will be the Volunteer Application Process with Criminal Background Check (CBC), per Cross Country Ontario policy. Forms and information will be available on our website and at the ski centre.

Finally, for non-skiing family members, a plethora of jobs help to make the season a success. Please consider contributing: take pictures; maintain the equipment cupboard or Jackrabbit cupboard; become a ski wax technician; organize a party or a fundraiser. If those jobs aren't your taste, why not consider helping on the Lappe Nordic Ski Club Board? This is the engine of the people program at the Centre and an important contributor to the local and regional ski community!

Fiona McKenna is our energetic Lappe Jackrabbit Program Coordinator. She also leads the Track Attack group and does an incredible amount of other volunteer work for the club.

Fiona at Boot Up Boot Camp

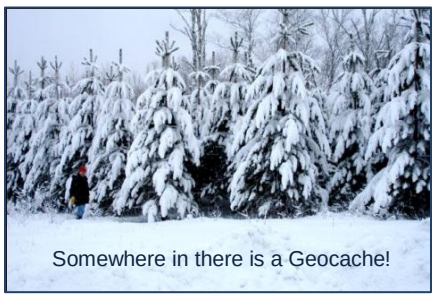
Geocaching

By Roy & Bonnie Stock

Geocaching is a real-world outdoor treasure hunting game. Players try to locate hidden containers, called geocaches, using GPS-enabled devices and then share their experiences online at http://www.geocaching.com. There are 1,538,598 active geocaches and over 5 million geocachers worldwide. Explore the world as you search for the cache using a GPS device or smartphone.

At the Lappe Nordic Ski Centre there are eight geocaches hidden, one is right at the entrance and seven are hidden just off the trail system. Their names are Heartbreak, Hard Corner, Look Out Point, Rocky 1, Cliff Skirt,Tippy Top, Got a Headache, and The Second Day of Cachemas. Seven are hidden by xcskier14 (Jeremy Hecker) and one by ChrisDom. Xcskier14 and ChrisDom are Geocaching.com user names. Other skiers at Lappe go by; YQT, SurpriseMe, xcskimom, HiPi2U (Minnesota skier), SacajaKawa (Minnesota skier), twinkletoes2008 (Minnesota skier).

On Dog Lake Road alone there are 23 geocaches and in Thunder Bay there are well over 500 geocache hides - enough to keep you busy for quite a while. One of the most amazing things about Geocaching is the beautiful places that you get to explore and the local history one can learn.



Somewhere in there is a Geocache!

Roy and Bonnie are experienced Geocachers who live in the Lappe area and enjoy the outdoors. Roy's geocaching name is "SurpriseMe" and Bonnie's is "YQT".

2012 SSSAA Nordic Skiing season set for take-off!

By Keith Ailey

For people living in Northwestern Ontario, participating in outdoor activities is what makes our winters so enjoyable. Thunder Bay adventure-seekers are very fortunate that they can choose between Alpine skiing, snowboarding, skating, ice-climbing, and a vast array of other winter sports. However, for those who have tried Nordic Skiing, nothing can beat it. Exposure to the excitement of our sport was the reason that, after nearly a decade of dormancy, cross-country skiing in our local high schools was brought back to life in 2009 by a group headed by Marilyn Ailey and Liz Inkila. Now, entering our fourth year of action, the Superior Secondary Schools Athletics Association (SSSAA) is set to continue growing and improving.

The real accomplishment of SSSAA skiing has been the large number of new skiers and former Jackrabbits who come out for some fun, fresh air, and healthy competition. A big part of the success of Nordic skiing in the SSSAA can be attributed to the club skiers from Lappe Nordic and Big Thunder who, as ambassadors for the sport, mentor and teach the less experienced athletes.

The SSSAA season leads to the Northwestern Ontario Championships (NWOSSA), where our athletes compete against others from communities like Dryden, Atikokan, Kenora, and Red Lake.

NWOSSA is followed by OFSAA- the provincial championships, where our athletes have come away with some great racing experience, fond memories, and several stand-out performances- including a silver medal for Lappe's Lindsay Inkila.

The inaugural season was topped in 2010, when even more new participants hit the trails. In 2011 the addition of a short-track course in the La Verendryre school yard kept the excitement going. Now, in 2012, Thunder Bay schools will benefit from some new equipment, purchased through a Government grant, which will surely open the door for even more people to try Nordic Skiing.

High school is all about exploring new opportunities and laying the foundations for a lifetime of success. Luckily, in the Northwest, our children will have the opportunity to experience Nordic Skiing as part of their journey.

Keith Ailey is an art teacher at Thunder Bay's newest school- Superior Collegiate, where he coaches XC running, cycling, and Nordic Skiing.

Life as an NST athlete

By Michael Somppi

In April I received the phone call telling me I was selected to the National Ski Team. Read: a wide grin spread across my face. Now it's October and I've had the chance to participate in 3 training camps with the NST, totaling 5 weeks of high-quality training. What can I report back? What changed when I made the NST?

I traveled a fair amount with the Thunder Bay National Development Centre over the past 4 years, but now I'm on the road a lot. A competitive skier's season is widely considered to commence May 1st and finish April 30th, although April is generally a rest month. Between training camps with the NST and the Thunder Bay NDC I've been on the road for 79 days since May 1st, 2011. I'm happy to be home for the month of October! Traveling with a team is tons of fun and can be optimal for ski training. I enjoy being able to mix up my training locations regularly to keep it fresh and exciting.

The most recent trip was a 4 week stint including 2 weeks in Salt Lake City/Park City, Utah, followed by 1 week in Canmore, AB and 1 week in Whistler, BC. This entire trip was with the NST. It was my first time visiting Utah and if I had to describe my training there in two words I would say, "hot pavement". Let me explain. Hot: for two weeks we trained in the area and every single day the hot sun made us sweat and smile. Pavement: we did many 4-hour workouts, mostly on rollerskis, without repeating a road once. The one thing the roads did have in common was the direction of travel, up, meaning elevation gain abound. It was the perfect place for a dryland altitude training camp.

Canmore was simply a transition period between the 2 training camps. I spent a week living with a friend, recovering and doing a few workouts with the NST. The second training camp's location (Whistler) provided lower elevation and our focus shifted from distance training to intensity. We completed 4 intensity workouts in 6 days, 3 were interval style workouts and 1 was a time trial. Everyone was keyed up for the 15km skate

NST guys running along a high ridge in Utah

time trial that climbed up the Whistler Olympic Park road and culminated with a lap around the fast flowing rollerski track. Whistler was the opposite of Utah, in two words, "wet and cold". So needless to say, the weather was 8°C outside with a light rain. The main point I'm trying to get across is the pavement was slick, however that didn't stop me from attacking the course.

My aggressive skiing and general lack of respect for the slippery pavement was the cause of my first high-speed rollerski crash when a wet tar pavement patch-job caught hold of my left ski's front wheel at the top of the only big downhill on the road section of the course. I almost saved it by managing to stay on my feet when I spun around backwards, but then my left ski blew off my foot and into the ditch while I was left using the pavement like a waterslide. Good news though, no serious injuries! I got straight back onto my skis and with my adrenaline pumping I hammered the final 6km to the finish. I've learned my lesson when dealing with slick pavement.

What else is different when you're with the NST? They have some hook-ups for deals on sweet accommodation. In Salt Lake City we slept in a hillside mansion, in Park City we stayed in classy resort condos,

Michael Somppi leading Jesse Cockney and Lenny Valjas in the Whistler rollerski time trial.

and in Whistler we lived the high life at the Four Seasons Hotel. Not too shabby!

Another difference? You travel with an entourage! When you travel with the NST there is almost a 1:1 ratio of staff to athletes. In Utah there were 10 athletes, 4 coaches, 1 strength & conditioning coach, 2 massage therapists, 1 physiotherapist, and 1 physiologist. Recovery is almost as important as the actual training so after each training session we took ice baths and we alternated each day between massage therapy and physiotherapy treatments.

When it comes down to it though, the NST athletes are still simply training to ski fast in the winter. Sure there are benefits to being on the NST, but the basic training is no different. So what can you do on your own to get the most out of your training and your body? Maybe you want to do the 50km at Sibley this year, or you're training to do well on the Ontario Cup circuit. Or maybe you just want to ski a little faster on the trails this winter. Here are a few ideas you can try to improve your recovery and enhance your performance:

- ✓ Make use of any insurance coverage you have and visit a massage therapist to treat your muscles now and then.
- ✓ Stretch (and make sure to hold your stretches for minimum 20 seconds).
- ✓ Give yourself a massage with a foam roller. You can perform myofascial release, break up trigger points and sooth tight fascia while increasing blood flow and circulation to the soft tissues. It's great in particular for your glutes, quads and IT Band.
- ✓ Take an epsom salt bath.
- ✓ Directly after a hard workout, take a 10min ice bath. The water should be between 12-15°C. You might find it hard to get in, but your muscles will thank you!
- ✓ As an alternative to a 10min ice bath you can do contrast. This is where you switch between an ice bath and a hot tub or hot shower for 1 or 2 minute stints. It's a good post strength workout recovery technique.

See you on the trails when the snow flies!

Michael Somppi is a Lappe club racer who has been training with the National Development Centre in Thunder Bay in recent years and is now a member of the National Ski Team. To keep up to date with Michael's racing career you can visit his blog at www.michaelsomppi.blogspot.com

Lappe Club Clothing

The new club t-shirts and "workout hoodies" will be available for purchase beginning October 15th at the Open House. The shirts are a moisture-wicking fabric made by Brooks, and have the Lappe club logo emblazoned on the left chest.

Adults t-shirts will be available in grey and pink, and youth t-shirts will be available in white and navy. T-shirts will be sold for $20 each.Hoodies are available in navy blue and grey for both adults and youth. Adult hoodies are $35 and youth hoodies are $30 apiece.

Thank you to TBayTel and Fresh Air Experience for their continued sponsorship of our events!

Photo credit: John Sims

2011 Dave Rees Award

Lappe Ski Centre founder and owner Reijo Puiras is the co-winner of the 2011 Dave Rees Award. The award was presented at the Cross Country Canada Annual General Meeting in June and is awarded to "any man or woman who has made a long-term, outstanding commitment to the sport of cross country skiing in Canada at all levels (local, regional and national) and in any of the many ways in which volunteers or professionals give of themselves to our sport. This award was created in 1989 in recognition of the outstanding contribution by Dave Rees to cross country skiing in Canada." The award is scheduled to be presented by Dave Rees at the Lappe 24 Hour Relay this year. Please see skitrax.com for more details about this award.

Lappe Ski Club Executive Board Members 2011/2012

President	Werner Schwar
Vice President	Grant Hall
Treasurer	Stephanie Marler
Secretary	Paul Charrette
Membership	Triin Hart
Coaches Rep.	Steve Hart
Jackrabbit Rep.	Fiona McKenna
Athlete Rep.	Katherine Hall
At Large	Rod Somppi
At Large	Harold Harkonen
Newsletter	Becky Puiras

If you see these people running around looking stressed, please thank them and offer to help whenever you can!

Lappe Nordic Ski Club Schedule of Events 2011-2012

Saturday October 1	(11 am)	Lappe Sawdust Run
Saturday October 15	(10 am – 3 pm)	Lappe Open House & Ski Swap
Saturday October 15	(5:30 pm)	Lappe Bingo – CLE Auditorium
Saturday October 29	(10 am)	Lappe Clean Up Day and BBQ
Saturday November 12	(11 am – 1 pm)	Lappe Jackrabbits first session
Sunday December 11		ICC Coaching Course – Kamview
Sunday December 11		Lappe “Get on Skis” Day
Saturday & Sunday December 17 & 18		LSSD Ski Tournament & CC Course
Wednesday December 21	(6 pm)	Lappe Christmas Party
Monday December 26		Lappe Boxing Day Classic
Tuesday December 27	(5:30 pm)	Lappe Bingo – CLE Auditorium
Friday, Saturday & Sunday January 6, 7 & 8		Ontario Cup #1 at Lappe
Saturday & Sunday January 21 & 22		Lappe Invitational
Tuesday, February 14	(6 pm)	Lappe Valentine’s Day Party
Sunday, February 26	(10 am – 3 pm)	Lappe “Women on Skis” Day
Saturday & Sunday March 31 & April 1		Lappe 24 Hour Relay
Saturday April 8		Lappe Run & Ski and Wind-up

*Please note that dates and times may be subject to change. Visit www.lappenordic.ca for updated event details.

The XCTIMOSPORT REX WAX Ski Preparation Process - 5 Easy Steps

By Timo Puiras

1. Cleaning

a. Run a clean cloth down your scraped ski from tip to tail pressing firmly. If your skis are extremely dirty applying a small amount of ski-wax-remover to the cloth is acceptable.

2. FibreRex (FiberTex)

a. Wrap a pad of FibreRex around something smooth and perfectly flat with rounded edges (a brush or a natural cork will work well). Run full passes from tip to tail with medium pressure. 20-30 passes should be plenty.
b. Be sure to have equal pressure on both sides and to move in a perfectly straight line.
c. If you are doing a lot of skis, replace the FibreRex when it becomes bedraggled. They are not nearly as effective when they are dirty and have lost their bite.

3. Hot-scrape

a. Put on a layer of warm (REX Red or Purple) glide wax.
    - Use a solid line, not drips or crayon.
    - Move very fast (3-4 sec tip-to-tail). Use a low iron temperature as you are not trying to heat up the base, just melt the wax.
b. Move quickly between ironing and scraping. You do not want the wax to harden.
c. Scrape off the wax while it is still semi-liquid.
    - Do not use a super-sharp scarper and only press quite lightly on the scraper. You can damage the base if you press too hard.
d. Repeat about 2-5 times, allowing to cool between each.

4. REX Base Oil and Base Preparation Paraffin

a. Apply two thin lines of REX Base Oil, one on either side of the groove of the ski.
b. Use your finger or a clean cloth and spread the oil so that the entire base of the ski is fully covered and saturated.
c. Apply a layer of base prep paraffin wax onto the oiled base.
    - Use a solid line, not drips or crayon.
    - Move very fast (3-4 sec tip-to-tail). Use a low iron temperature as you are not trying to heat up the base, just melt the wax.
d. Put the ski aside and let the base oil and base prep paraffin absorb into the base. The longer the better, overnight for example.
e. Scrape. You'll notice the shavings feel greasy to the touch.

5. REX Blue Wax

a. Apply a layer of Rex Blue wax
    - Use a solid line, not drips or crayon.
b. Use a medium iron temperature but be sure not to overheat. Move the iron in solid complete passes, not back-and-forth. 2-3 passes should be enough to get full coverage and an even distribution
c. Let the ski completely cool (move to the next pair during this time)
d. Scrape and repeat 3+ times.

HAPPY PREPPING!

Timo Puiras is the Technical Director for the National Development Centre (NDC) in Thunder Bay. He is the owner of XCTimoSport, an importer of Rex Ski wax and Marwe rollerskis (xctimosport.ca). Timo is a Lappe racer and grew up on the Lappe ski trails.