

May 01, 2006
Volume 6, Issue 1

Lappe Nordic

Lappe Nordic Ski Club ... www.lappenordic.ca

Special Interest Articles:

- Lappe's AGM Meeting, May 08, 2006 7:00 P.M. at Lappe Nordic Ski Centre

- Nationals Email from Ernie Page, eloquently sums up "Lappe"

Individual Highlights:

- (pg. 1) Presidents Message
- (pg. 2) Jackrabbits
- (pg. 3) Fresh Air
- (pg. 3) 24 Hour Relay
- (pg. 4) Coaches Report
- (pg. 4) Masters Program
- (pg. 5) Annual Awards
- (pg. 6) Athletes Report
- (pg. 7) Athletes Report
- (pg. 7) Newsletter/Info
- (pg. 8) Thank you

Presidents Message: Liz Inkila

Another ski season is in the books. This year was an exciting, busy, hectic, and challenging year but Lappe Nordic can be proud of our many successes in event hosting, our junior and senior racers, our Jackrabbit program, and our masters group. However, I can't help but feel a great deal of relief at the passing of the 2005/2006 ski season.

I would like to take this opportunity to thank all our volunteers. The "Lappe Standard" was again proudly displayed at the Nationals this year. We have assembled a great group of volunteers that is a wonderful mix of veterans and newbie's.

One email that we received from Ernie Page of Summit Timing Systems sums it up for me.

Liz and Paul:

I had a wonderful time during my "vacation" in Thunder Bay. Thanks for the warm hospitality!!!

I will never forget all of the really nice folks that I met there!!!!

I put some photos of volunteers on my web site www.summittiming.com/photos

As I mentioned to you, I thought that Rod Somppi put together the best organized, best disciplined, and best drilled team of timing volunteers that I have ever seen. This includes the team of timing volunteers for the Salt Lake 2002 Olympics. I am not given to hyperbole. Everyone knew their job very well, and executed it very well. Of



course a lot of credit has to go to Derrick Dool (Outside Timing Chief) and Terry Marshall (Inside Manager).

And of course Logan Maley is unbelievable for a high school senior. I was totally impressed by his maturity, knowledge, commitment, and enthusiasm!!!!

Finally, I was overwhelmed by the feeling of closeness at Lappe Nordic. Obviously Reijo has built a very, very special place. Rod told me about the Lappe Standard, and it was very apparent throughout the week.

We have similar high standards here at Soldier Hollow, but without the warm family feelings.

Let everyone know that they are welcome in Salt Lake City / Soldier Hollow anytime!

Cheers,

*Ernie Page
Summit Systems*

We are all so very lucky to be able to play at such a wonderful facility with great people! Thank you to all!

*Liz Inkila
Prez*



JACKRABBIT PROGRAM: WERNER SCHWAR AND ELLEN MORTFIELD

Jackrabbits Leap Ahead

The winter of 2005-06 proved to be an excellent, albeit short, season for our Jackrabbit skiers. Paul Charrette and Ellen Mortfield took on the task of coordinating the program, with assistance from Tarja Kivi-Ranta as special events coordinator.

We ended up with over 60 skiers registered, with many new families coming out this year. We had a huge bunny and Level One group, but fortunately, we also had a big group of enthusiastic leaders. Many thanks to all who volunteered to take on the challenge of coaching the kids: Daphne Mitchell, Andrea Schubert, Anne and Werner Schwar, Darrell and Susan Hay, Judi Vinni, Gail Paskey, Sean Randall, Jodi Hall, Bill Day, Tarja Shipston and Elaine Lynch. We were also very pleased to have several of our young skiers helping out as assistant leaders: Eric and Hanna Wainio, Jennifer

Hall, Travis Comeau and Kyle Palmer-Charrette.

Conditions were excellent right from our first session in November, and we had no issues with weather until our very last session on February 18, when the wind chill of -35 forced us to end the season without a ski session but with a lively pizza party and awards.

Some notable achievements this season included the certification of several group leaders and the successful running of the 'Jackrabbit Café' during the Ontario Cup races at Lappe. We were also excited about the excellent participation in races, especially by the younger skiers. There was amazing representation of our club at the LSSD championships and at the Kamview Children's Races. With so many enthusiastic, new little skiers, we are sure to have many more great Jackrabbit seasons at Lappe.



Lappe Invitational, waiting for the Classic Children's race to begin



"With so many enthusiastic, new little skiers, we are sure to have many more great Jackrabbit seasons at Lappe."



Kyle and Nathan at the Kamview Children's Race with their Awards

FRESH AIR EXPERIENCE WEDNESDAY NIGHT RACING: PAUL INKILA

It was a marathon version of Wednesday Night Racing in 05/06. With early snow we began the series in November, and raced up to the Run and Ski in April. Only two races were cancelled - one due to cold weather and another during Nationals week. In total 14 races were run!

Wednesday Night Racing is a handicap racing series that groups skiers of similar ability. Skiers move between groups depending on their success (or lack thereof). Points are awarded within these groups. We counted everyone's best 11 out of 14 races for determining final results.

FRESH AIR CONT.....

This year's champion was Riku Metsaranta - the first time in a decade that a skier in the 'A' group has won the series. This is tough to do with the number of National caliber skiers living in and travelling through Thunder Bay. Becky Puiras missed some early races but managed to finish second overall, followed by Todd Inkila in third.

Wednesday Night Racing continues to be a great interval training substitute, and

development environment for aspiring racers. While at the Nationals, some of Canada's Olympians provided media stories of their fond memories of racing at Lappe during the night. However the Series is not limited to racers...we routinely have younger kids as young as 8, master ladies with a competitive urge, and loppet specialists hoping to find that lost speed.

See you in 06/07



Above: Christina Groulx at the opening Ceremonies for the Nationals, pictured here holding Chandra Crawford's Gold Medal and Winning Bib from the Olympics in Torino, Italy

24 HOUR RELAY: PAUL INKILA

With all of the effort put into organizing and running the Nationals this year, the 2006 version of the 24 Hour Relay was almost an after thought. Although the number of local teams was down somewhat, we did have two teams from Ely, Minnesota and another from Marathon to pick up the slack.

For those teams racing the event, this year's event was more competitive as four different teams took turns in the lead. In the end, experience proved to be the difference as Lappe's Crusty Old Guys and Becky (Werner Schwar, Paul Inkila, Timo and Becky Puiras, Brian Berry, Riku Metsaranta) skied the most kilometers (513.3K). A group of Lappe Juniors - the Hammerheads - made a great run in the last a few hours to finish second (490.1K) ahead of the third place team from Ely (487.6K).

As always the Saturday Pot Luck supper and Sunday morning breakfast were a great hit. The best Ski Suit Award went to Randy Budner whose bushwhacker attire fit his team's name perfectly. He wore this at 3 a.m., probably on purpose to minimize attention.

Although there were not many physical meltdowns, Best Bonk went to our Solo Skiers - Kelly Henry and Eric Klassen.

Below: The start of the 24 Hour Relay





"Lappe ranked as the 4th Ontario Junior Club in the Ontario Cup Series and finished as the 5th ranked club in Canada at the Nationals"



"You'll enjoy great skiing and meeting new friends."

COACHES REPORT : MARC METSARANTA

This past season was quite successful for the Club.

Lappe regained the LSSD Club Championship, ranked as the 4th Ontario Junior Club in the Ontario Cup Series, and finished as the 5th ranked club in Canada at the Nationals, a rank achieved with almost 100% "home grown" or developed athletes.

Eight skiers qualified for the Ontario Junior Development Team for the Nationals. Club athletes, 23 of which raced at the Nationals, won gold and silver relay medals and a silver and three bronze individual medals, six medals in all, the most in many years.

The 2006-2007 season may prove to be a busy one for travel - with the Ontario Cups for most athletes, the World Junior Trials for some, maybe even on the

Ontario Team for the Canada Winter Games in Whitehorse, and for those who make the Ontario Junior Development Team the Nationals in Mont Ste Anne in Quebec.

Some athletes who have been in the racing program for the past several years will be moving away to go university. They will be surely missed but some new people have indicated an interest in joining the group.

A "future racers" group is expected to start up this summer to help replace group graduates in future years.

Coaches and athletes are confirming relationships and making training plans for the summer in preparation for next winter.

Check the website for training dates and locations or call Marc Metsaranta at 628-2435 or 344-4957 for information.

Marc Metsaranta

MASTERS PROGRAM: JIM GROULX

Last year was an incredible ski season for all participants in the Masters Ski Program.

Weather co-operated, and training was in full force, learning from some of the most technical, experienced group of instructors and guest coaches.

We look forward to continuing a Masters program which will help

everyone, from racers to novice skiers who simply want to enjoy the outdoors and keep fit.

Come out and enjoy the Masters skiing program, you'll enjoy great skiing and meeting new friends.

For further information, contact Jim Groulx at 767-4332 or email jgroulx4@shaw.ca



ANNUAL AWARDS

Diehard Award



Amy and Jeff
Moustgaard



*"The club members
wish you all the best!"*



Lappe Ski Centre

Generously donated by, Dr. Mark Zubac, the Diehard award is presented to a person who has demonstrated many years of service to the ski centre, ski club and racing. This years' recipient is **Brook Latimer**.

- National medals too numerous to count including a gold medal in the Women's relay with Becky Puiras and Tasha Betcherman at the Nationals this year
- "Voice" of Lappe
- Key organizer of announcing during Nationals
- Past jackrabbit leader

Pauli's Award

Generously donated by Brian Berry, Pauli's Award is presented to the most improved skier as voted on by club members. This years' recipient is **Jeff Budner**

Sarah Crookham Award

Awarded to aspiring female skiers over the age of 14. This years' recipient is **Mallory Deyne**



Good Bye to the Moustgaard Family

The club members wish you all the best with your move to a new city, and a new home.

We congratulate Amy on her wonderful achievement, and wish her continued success in her career. What will the Athletes do, without their team therapist? (Do you accept email?)

You must ensure little " Ella" joins the Jackrabbit program, with coach " Dad!"

All the best to Jeff, Amy and Ella, we'll miss you all!



ATHLETES REPORT: BERIT DOOL



This season proved to be stellar for the Lappe Junior racers as all of their hard work paid off! A special welcome to two new racers, Sam Loud and Jeff Budner, whom both had a remarkable rookie season. The racing season first started just after Christmas when we traveled to rainy Hardwood Hills to attend ON Cup 1. We were able to battle through the mush during the sprints and then glide our way to the finish during the classic race. Next, our own club hosted a "test trial" before Nationals as we hosted ON Cup 2 consisting of a long mass start classic race and a short skate race. Not only did we once again see top results from the athletes but the volunteers did a spectacular job of running this event. The final Ontario Cup and the last preparatory races for the Nationals were held in Sault Ste Marie. Many of the athletes competed and were happy with their races, even though the athletes were not used to the disorganization of the hosting club Soo Finish.

As for the finale, every athlete was given the opportunity to compete on their home turf this year at the Nationals, an event which we have been training for 11 months. The opportunity to nationally show off the talent of our whole club does not arise often and it was great to see everyone push themselves to the limit. Although the training, coaching, and waxing may have played a factor, one of the biggest advantages we had over the visiting clubs was our hill-climbing experience, and of course access to a first class chalet and diner (the Hecker's house!).

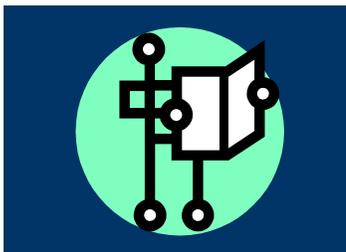
The 2006 Ski Nationals was one of the most successful Nationals for our club in a while racking up 6 medals and therefore 6 cakes in total. The week

started off with a gold medal performance in the Open Women's Relay by Becky Puiras, Brooke Latimer, and Tasha Betcherman. The Challenge Boys Relay consisting of Michael Somppi, Travis Comeau, and Chris Hamilton were equally impressive placing 2nd behind the Banff Ski Runner and over a minute ahead of the Big Thunder Boys. The wooden (4th place) medal went to the Challenge Girls Relay consisting of Kelsey Dool, Christina Groulx, and Lauren Stoot and the Open Men placed an impressive 6th place. In the classic races bronze medals were won by Tasha and Michael, with Christina placing a close 5th. In the skate race Michael swept up another medal, silver with Travis and Berit capturing the wooden medal and Tasha 5th. In the sprints, Travis raced gutsy through the water and slush to capture the bronze medal. The final race of the week, the long distance race, resulted in a lot of tired and sore, but happy athletes (the cake might have helped a bit). It is not only important to congratulate these performances but every single athlete who competed should be congratulated. Just being able to compete at the National level is something to be proud of and should always be remembered.

I have competed in four Nationals so far and our club members can give themselves a huge round of applause for running the best nationals that I've been too (I'm sure the nationally experienced Werner would also agree). Everything from the timing, to the food, to the banquet was spectacular. We were also fortunate to have Mother Nature working with us, except for maybe the last day. I think our club and the skiing community is now ready to hold a World Cup!

On behalf of all the athletes we would like to extend our gratitude and appreciation to all of our coaches, parents, and club members for supporting and encouraging our dreams. We hope we made you proud. A special thanks goes out to Mike Hecker for sacrificing his English skills to drive our skis down to Barrie and also to the Hecker Family for opening up their house to us during the Nationals.

ATHLETES REPORT CONT...



Lappe Nordic
Ski Centre

Phone:
807-767-1860

E-Mail:
lappenordic@hotmail.com

Come Join the
Lappe Nordic
Ski Club

We're on the Web!

See us at:

www.lappenordic.ca

Next year will prove to be a new challenge for the racers as a few of them will be moving on as their new life as a starving university student begins. Kelsey and Travis will be attending the University of Ottawa next season. Also, Seija and Micheal will be joining me at Lakehead University. Good luck to the new freshmen! As I will not be racing competitively next year, I would

like to welcome Michael to the board as the new athlete rep. He has been helping me this year and he will do a great job representing the athletes. As for now, all of us athletes are trying to relax and enjoy our "off season" in preparation for an exciting and busy upcoming season.

Berit Dool

Lappe Annual General Meeting : May 08, 2006 at 7:00 P.M.

Keep your schedules open for the yearly Annual General Meeting being held at Lappe Nordic Centre.

We hope for a strong turnout, and a willingness to participate in Lappe's future.

Newsletter/Editor: Janice Groulx

I just wanted to say that I hope you have enjoyed the Newsletters I have produced over the past four years.

At this time I have resigned from the position of Newsletter/Editor and I would hope someone with a creative flare would like to continue to take on the challenge of

producing the Lappe Newsletter.

If anyone is interested in accepting this position please contact me at jgroulx4@shaw.ca or 767-4332, or attend the open house, as the position will be available to be filled at the AGM meeting.

Latest News:

Sign up for the New Lappe Forum. It's free for Club Members.

New Date for Training Camp:

June 10 and 11, 2006. All Lappe athletes are expected to attend. New athletes should contact any of the Lappe Coaches for information. (E-mail lappenordic@hotmail.com)

Upcoming Bingos:

Wed. May 31st at Auditorium
Fri. June 23rd at Auditorium
(Workers need to be on site by 5:30)

For Club Information:

Lappe Ski Centre Snow Conditions:
767-2423

Website Contact:
lappenordic@hotmail.com

Liz Inkila, Pres:
767-1860

Jim Groulx, Masters Info:
767-4332

Paul Charrette, Jackrabbit Info:
683-7200

(Picture: Silver Medalists, Michael Somppi, Chris Hamilton, and Travis Comeau)

