

LAPPE NORDIC NEWSLETTER

Lappe Volume No. 1 September 2002

Let the Snow Begin

Once again, it's that time of the year to take off that summer wax and prepare your skis for the first snowfall of the year. The "die hard" skiers anxiously "bite at the bit" for the first signs of winter! Whereas, myself, I wait for that softer cover, which is needed to cushion my falls! No matter what level you're at, you can look forward to a wonderful ski season.



Open House and Registration

Join us at our open house:

September 13, 6:30 p.m. - 9:00 p.m.

Cross Country Kickoff 2002:

Join us at Marostica motors,

October 05, 10:00 a.m. - 3:00 p.m.

Sawdust Run:

Join us at Lappe ,

September 28, 10:00 a.m.

Reijo's Report: What's New at Lappe.

Renovations: Both men and women's sauna benches have been replaced, with the top benches modeled to a "bum friendly" shape by Terry Koivisto. Men's shower room will also be looked at before the snow falls.

Trails: The grass and undergrowth on the trails will be cut during the second or third week in September. We are trying to get a bigger machine on the trails to do the job.

Pancakes: We are happy to report the Jaana is returning for another winter, so you can expect the continuation of the pancake tradition.

The Kiosk: Will be open, not only on weekends, but also on Tuesday, Wednesday, and Thursday nights. You will be able to get your muffins, cookies, and mustaviinimarjamehu after your ski!

Memberships: Last but not least, the final good news is that the cost of membership will remain the same as last year for Lappe and Lappe/Nordic Trails passes. We are holding the inflation back.

Registration: Make sure to get your registrations in on September 13, 2002 and take advantage of the **early bird rates**.

Lappe Nordic Ski Club Registration

Join the Lappe Nordic Ski Club at the regions most complete and challenging ski facility. Lappe offers cross country skiing at its best for skiers of all abilities. All of our programs are very affordable...

Recreational/Technique Improvement

- **Jackrabbit Program** (ages 5-13) Saturdays 11 a.m - 1 p.m., Nov through March.
- **Youth Challenge Group** (ages 12-16)
- **Masters and Women's Groups**

Competitive Programs

- **Racing Rabbits** (ages 10-14)
- **Junior Racing Program** (ages 13-20)
- **Senior/Master Racing Support**

For more information...

www.lappenordic.ca

Lappe Hotline at 623-3735

Liz Inkila, President 767-1860

Judy Vinni, Jackrabbit Inf. 933-4147

Snowphone and trail conditions 767-2423

From the President: Liz Inkila

As the days are getting shorter, Lappe Nordic Ski Club is beginning to prepare for another season of great skiing at the Ski Centre. It has been a busy "off" season for the Lappe athletes. Many of the athletes participated in events

over the summer months including road biking time trials, mountain bike races, triathlons, and dragon boats to name a few.

Our board has vacancies that need to be filled, preferably with some new faces. Board meetings are held every second Monday of the month. If you are interested in being an integral part of Lappe Nordic Ski Club, please call **Liz at 767-1860** or email at **lizinkila@hotmail.com**.

It is exciting to see many young skiers training at the Ski Centre this summer. Volunteer coaches **Marc Metsaranta** and **Jeff Moustgaard** have been working with a dedicated group of skiers three times a week. Parents and kids are having a great time, as well as getting fit. Many thanks to **Marc Metsaranta** who has organized this and volunteers many hours to these young athletes.

This year **Marostica Motors**, our major sponsor for the Suburu 24 hours of Lappe is hosting a **Cross Country Kickoff on October 05,2002**. (10:00 a.m - 3:00 p.m.) This unique opportunity for all with a vested interest in cross-country skiing to come together and promote our sport. Please come out and enjoy their hospitality. We will be **registering club members and jackrabbits** at the time.

Enjoy the remaining days of summer and the fall. See you at the **Open House, September 13,2002**. (6:30 - 9:00 p.m.)

Racing Rabbits

The Lappe **Racing Rabbits** (ages 9-14) will be joining the **Junior skiers** for somewhat less intense workouts on Saturday mornings. **Paul** and **Werner** will lead this group again this year. **Registration** for Racing Rabbits will be taken at the **Open House** and the **Cross-country kickoff**. Sessions will begin following the Open House.

Bailey's Wednesday Night Race Series

Cross country ski racing returns on Wednesday nights this winter with the popular **Bailey's** series. Participants last year varied from national level NTDC racers, to masters age men and women, and young Racing Rabbits as young as 9 years old. The series pits racers against others of similar fitness and skill. Various race formats are used throughout the year- **mass/individual/pursuit starts, classic/free techniques, short and "longer"** (5 km) distances.

Baileys Wednesday night champion is determined by a points system. For 2002/03 racers will be assigned as usual to a group of skiers of similar ability. Points will be assigned for placing within each group. Each skier's **best 8 results** will be used to determine their total points. (Last year we raced 10 events.) Skiers move up or down to other groups based on results throughout the year.

If you have any suggestions for improvement, or are willing to volunteer to help with Wednesday night racing contact **Paul Inkila at 767-1860**.

Calendar of Skiing Events

September:

13th - Lappe Nordic Ski Club **Open House/Registration**, Lappe Nordic Centre, 6:30 - 9:00 p.m., Liz Inkila, 767-1860.

28th - **Sawdust Run**, Lappe Ski Centre, Lappe Nordic, 10:00 a.m.

October:

05th - "**Cross Country Kick-Off**", Marostica Motors, 1142 Alloy Drive, 10:00 - 3:00 p.m. Club Registrations, Displays,Fashion Show, New Equipment, Trail Maps.

December:

01st- Lappe Distance Challenge, Lappe Ski Centre, Lappe Nordic.

26th - Boxing Day Race, Lappe Ski Centre, Lappe Nordic.

January:

04th,05th - Lappe Invitational, Lappe Nordic.

February:

01st,2nd - LSSD Championships, Lappe Nordic.

16th,17th - LSSD Ontario Cup, Long Distance, Team Relays, Lappe Nordic.

March:

29th,30th - Lappe/Marostica Motors 24-hour Relay Club Fundraiser, Lappe Nordic.

April:

05th - Run and Ski, Lappe Ski Centre, Lappe Nordic.

For information on any of the above , please contact **Liz Inkila at 767-1860**.

Dragon Our Skis: Christina Groulx

A young group of Lappe skiers, along with their competitors, joined forces to compete in the " Youth Dragon Boat Festival."

There were a variety of ages in our group, starting from the age of 12 years, going up to age of 15 years. We placed a very successful second, and thought that we all did very well, and enjoyed it very much.

This was an awesome experience and everyone worked hard and had fun.

Athlete Rep. Report: Timo Puiras

Hi All! It is my pleasure to serve you as the athlete representative for Lappe Nordic racers on the Board of Directors again this year. If you are a junior, senior, or masters athlete planning or interested in racing for the Lappe Nordic Ski Club next winter, please contact me in one of the ways illustrated below. I will keep you in touch with Club happenings and forward all your concerns, questions, or issues to the board. Thank-you.

Timo Puiras

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Ontario

Email: xctimo@hotmail.com

Cell: [626-0343](tel:626-0343)

Coaches Report: Marc Metsaranta

Many Lappe Nordic Ski Club members, young and old, have been meeting at the Ski Center since June for group training sessions Tuesdays, Thursdays and Saturdays. Fitness and technical improvements have been offered through circuit strength, hill and long distance workouts, running, ski walking and striding. Video analysis has been used to assist technical feedback and running time trials to measure fitness improvement. The general goal is to increase the competitive capabilities of ski racers for the local LSSD racing circuit and provincial Ontario Cups with the hope that there may be some outstanding performances deserving participation in the National Championships. An attempt has been made to accommodate the interests of everyone who has come out to group training. Sessions are to continue in the fall and winter, new days and times will be posted soon.

Marc Metsaranta at 344-4957 or
metsaranta@sympatico.ca

Werner's Update on what he did this summer:

(You'd think after 35 years he would have learned something!)

Hello everyone. Hopefully, everyone is having a good summer. The days are getting shorter already and it won't be long until we will be on snow again. For me, this summer is flying by. Work, family, moving, and training takes up every waking second of time.

Recently, I experienced something that I wanted to share with everyone out there, to prove, that you are never too old to learn about your body and training.

The crusty old guy has rivaled even Super Dave Osborne in punishing his body, and you would think after training for over 20 years now, I should know better! Such is not the case. I amaze even myself how I can do certain things and suffer the consequences after, with a shrug.

Here is the scenario. The crusty old guy has been busting his butt the entire summer, working lots! Being self employed, you have to work when you have it, since you never know when the next job will be. I had finished some projects and agreed to do some site work. For those of you who don't know, I am a Landscape Architect. Normally, I draw, but I also sometimes help construct. The project was interesting, create two stone boulder walls based on a drawing I had done. The boulders each weighed about a 1/2 tonne and I had a machine to chain them into place. I know how to pick the days. The two days I picked were the hottest of the summer so far, at 33 and 35 C, and of course, no shade, and dry and dusty. The workdays were long, 14 hours one day, and 10 the next, with only 4 hours sleep each night, since I had other work to do. In addition to all of this, I had a chest cold, the one with the green slime!

So, after the second day, what does the old crusty guy do? No, he doesn't head to the lake to relax and swim, but goes out to Lappe evening training session on a Thursday night. He figures he hasn't been able to train for a few days, because of work, so he wants to have a good work out. Here's where the crusty old guy goes totally "stupid". He decides it is a good idea to do hill work, and it is still 32 C out and humid!

The workout was a strange range of feelings and emotions and physical sensations. I was so happy to be able to train after not being able to do so, but my

body felt horrible, due to the cold, lack of sleep, and heat exhaustion. None the less, the crusty old guy perseveres and finishes his session, even demonstrating technique to the younger skiers afterwards. I was happy that I had not given into self pity. It was not until I stopped that I felt the consequences. I went white, and felt like a truck was running over me, over and over, and then parking on me! Quite interesting actually. That night, needless to say, my cold got a lot worse, and I had a fever that lasted two days. I can honestly say that having a fever when it is in the 30's outside is not fun, especially going in and out of air conditioned buildings, and attending meetings with clients. Lots of people commented that they have never seen me look so bad.

Begrudgingly, I took it easy for a few days, since the cold showed no signs of letting up. Then, on Saturday, I felt a tiny bit better and I did the Lappe group workout, a two hour ski walk and some bounding. Like a miracle, all of a sudden, that afternoon, I was cured! It must have been the restorative powers of Marc, Jim, and Dave's conversation and their ski walking technique. The next day I felt back to normal. Fortunately, or unfortunately, that experience restored my faith in my mantra, "If it doesn't kill me, it will make me stronger!" and "skiing cures all!!"

Seems like the crusty old guy, still hasn't learned anything.

Until next time,

Werner

2002 Nationals: Shane Maley

Canmore, Alberta

The 2002 Canadian National Championships took place this March, complete with thrilling action and intense competition. The Nationals were scheduled to begin on Tuesday, March 05th with the classic races, but on Monday the temperature began to slip further and further down. When we woke up Tuesday morning, the thermometer read a frigid -31 degrees, but we were all confident that once the sun came out, it would warm up quickly.

As I headed out for my warmup, I realized how cold it really was. Just breathing the air at that temperature was difficult. As I arrived back at the chalet, the judges announced a one hour delay. We passed the hour stretching and chatting with other racers. With the thermometer barely budging, the announcement was made that the race would be rescheduled for the next day. We were a bit disappointed, but a short easy ski in the cold revealed the wisdom in the judges decision. We were to discover that this was just the beginning of three days of temperature cancelations.

Every morning I would wake up nervous but excited and eat breakfast huddled around the race radio waiting for news. By the third day some guys wouldn't even get out of bed until they heard about the delay. After a short ski to remind us why we were there, I would head back to Big Thunder's house, where I was staying, for some quality Nintendo time!

On Friday morning I woke up and went for a quick run and then settled into the same routine of eating breakfast while listening to the race radio. I was so happy to hear the races were a go, I never thought about being nervous.

The officials announced the temperature at -17 C and that all races were a go! We ignored the fact that the thermometer in the stadium registered -21 C, because at least, we were going to be able to race. Lappe had a lot to cheer about with many great performances. In the senior women's race, Tasha Betcherman had a great race, taking the gold medal. Becky Laasko took the bronze medal (even though she insists she can't classic ski), with Jill Mapea right behind her, and Jodi Mapea not far off in 8th place.

In the men's race Timo Puiras took 7th place, with Werner in 11th place, and myself with an 8th place finish in the juvenile boys category. At the end of the day, Lappe finished in 2nd place, bettered only by the large host club of Foothills Nordic.

Due to the many days of delays, the relays were dropped and Saturday played host to the fast and furious sprints. It was not as cold, but fast glide was hard to come by. However our master waxing team of Pauli, Marc and Jeff did a great job giving us super

fast skis once again. Tasha and Becky both qualified for the thrilling final, really making it exciting with 5th and 7th place finishes. Jill finished in 19th place and Jodi in 21st place.

Timo was so close to advancing, finishing in 17th place, just a fraction of a second out, with Riku close behind in 19th place, and Jeff not far off in 35th place. I finished the day in 23rd place. Lappe slipped to fifth in the club overall standings.

Sunday brought the mass start skate race which is always exciting. Tasha brought home another gold, with Becky in 7th place, Jill in 10th place, and Jodi right behind in 11th place.

In the men's race Riku finished 13th place, as Werner worked his way through the large men's field to finish 23rd place, with Timo in 34th place, Jeff in 42nd place, and myself in 17th place.

Lappe held on strong to the 5th place, making up for a quarter of the Ontario's winning points.

The 2002 Canadian Nationals were a great week of exciting races and great experiences, and I am so thankful for the opportunity to partake in such a great event!

Masters Program: Jim Groulx

Last year Lappe's Master program was a successful endeavour. Due to popular demand we will continue the program with a vengeance. We have an array of wonderful coaches, headed by **Werner Schwar**, offering something for everyone. We will offer classic and skate technique programs, with analysis, waxing tips, training with different abilities and levels in mind.

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

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

See you skiing!

Jim

Snow Prediction Contest

Tickets \$2.00 each or 3/\$5.00

The objective of the contest is to predict the first day when 10 cm or more falls at the airport.

Rules and Regulations

1. This is a 50/50 contest. You win half of the profit.*
2. If nobody guesses the correct date, the person(s) closest to it will win.
3. Entries must be made five days in advance of the prediction date.
4. Tickets must be filled out and deposited into the box as soon as they are bought.
5. The winning date will be determined by the officials of this contest and the winners(s) will be notified

* more than one person can have the same winning prediction date. This means that half of the profit is divided equally amongst however many winners there are.

Tickets will be available at Open House. See you there!

Newsletter: Janice Groulx

I'm introducing myself as the new "Newsletter" coordinator/editor. I have decided to give Liz a break from her full schedule. A rest well earned!

I will be looking for feedback, and any ideas for future newsletters. If you have any suggestions or ideas, please feel free to contact me at 767-4332 or via email jgroulx4@shaw.ca

Reminder: Registration for Jackrabbits

and all other programs on September 13/02

See you at the Open House!