

# LAPPE NORDIC

## 25th Anniversary

# NEWSLETTER

Lappe Volume No. 3 September 2003

**The Year In Review : From the President,  
Liz Inkila**

Ski season is almost upon us. I've been corrected, ski season started in May according to some! As I'm writing this, it's 31C, so it's difficult to imagine snow! The 2003-2004 ski season is just around the corner and Lappe Nordic Ski Club is hoping it will prove to be a snowy one! The challenges of last year's sparse snow season are a distant memory.

Our more serious athletes have been training regularly throughout the summer. They have all participated in triathlons, mountain bike races and running events. The Junior Development team has experienced significant growth this year. Check out the website [www.lappenordic.ca](http://www.lappenordic.ca) for their athlete profiles.

The senior profiles are in the works. The website has become a great source of information regarding events and ski club news. In early ski season it is an invaluable source for up to minute trail conditions ( trust me). Be sure to check it out.

An **Event Organizing Committee** has been formed to co-ordinate the efforts of our race volunteers. They are Grant Hall, Derek Dool, Alastair Grant, Al Comeau, Cathy Schoales, and Liz Inkila. We are always looking for new and eager faces to assist in timing ( inside and out), start/finish, and course controllers. This is a great way to earn volunteer hours for high school students. Please email me at [lizinkila@hotmail.com](mailto:lizinkila@hotmail.com) or call 767-1860 if interested.

The " **FRESH AIR SERIES**" has a great ring to it! Our Wednesday night race series will begin as soon as the snow flies. If you haven't heard, **Fresh Air Experience** is our new sponsor for the series. Come out and race against people of your own ability.

Please remember to support and thank our generous sponsor.

Our **Jackrabbit Program** will be experiencing some changes this year. **Judi Vinni** who has been the "**Big Bunny**" for four years has passed on the reins. Judi's enthusiasm and positive attitude have kept the energy of the Jackrabbit program at a high level. We have seen a huge growth in first time skiers and leaders with Judi's promotional activities in the community. Thanks for all your hard work over the years. Judi will continue to be a great contributor to the club with announcing duties, and club info updates. ( She is great with a microphone!)

Bill Day and Judy all will be organizing the program this year. As the jackrabbit program is a volunteer effort, any assistance is greatly appreciated. There is always room for more help! Please let Bill or Judy know if you are able to help out. Our season will begin on **Friday, September 12, 2003** at the **Open House** where trail passes, club memberships, and jackrabbit registration will be available. There will be coffee and donuts. Come out and enjoy the trails in early fall and see all your ski buddies. We're looking forward to a great season.

*Liz*

### **Open House and Registration**

Join us at our open house - **Lappe Ski Centre**  
**September 12, 2003. 6:30 p.m. - 9:00 p.m.**  
Will include a perennial sale and a bake sale.

### **Cross Country Kick-off 2003:**

Join us at Marostica motors,  
October 04, 2003.

### **Sawdust Run:**

Join us at Lappe ,  
September 27, 2003.

## **Reijo's Report: Happy 25th Anniversary for Lappe.**

I don't know if people realize that this coming winter is our anniversary winter....**25 years of Lappe**....hard to believe, all these years have gone by so quickly! When I started this whole thing way back in the 70's. Trudeau still our Prime Minister, and Reagan ruled the south....there was no Kamview or trails at Big Thunder yet, Centennial Park was where it was at! Some skiing greats like Marko, Peter, and Werner were not old enough to ski juvenile. Beckie Scott was still in JK.....so it has been a while!

To my knowledge there are only three original members left, that have been members every year from the start...Pauli Kaki, Marc Metsaranta and Esko Pesonen....I believe they all will be back for our 25th season.

Nothing major has happened at Lappe over the summer. Grass and this years growth will be cut in the first two weeks in September. We are also looking at some trail changes around the Big "S" turn and Massaro's Heartbreak to create more easy skiing terrain, but not loosing the toughness for the racers.

I hope to see a big turn out at the **Open House, and** lets make this **25th Anniversary year** the "**BEST EVER**" in Lappe's history.

**Ps...**on a good note....**Jaana** will be back in the kitchen again, so pancakes will be served for another year.....

**Reijo**



***Jackrabbit Leaders accept the JR Championship Award***

## **Lappe Jackrabbit Program**

The title of "**Big Bunny**" has officially hopped my way with the start of the 2003-2004 ski season. During the past winter, ***Judi Vinni*** ( out-going Big Bunny) continued to provide the Lappe Nordic Ski Club with an excellent and well run Jackrabbit Program. Bill Day and I assisted with some of the "Big Bunny" responsibilities with the idea that Judi would retire from this position in April 2003, after three years of hard work and dedication. I now have some pretty " Big Bunny" tracks to follow! Judi broke some new ground with the introduction of the ***Jackrabbit Cafe*** ( open during major ski events) and arranged for mail outs to the north side schools, advertising our program. Judi also set up a co-op type arrangement for L.U. Outdoor Rec students to become Jackrabbit Leaders while receiving their Level 1 CANSI certification through Lappe Ski Club. Thanks Judi for all you've done! I know Judi plans to spend all her newly acquired spare time to ski, ski and ski at Lappe!

The **Jackrabbit Program** offers ski instruction for youths ages ***5-13 years*** at our fun and friendly facility, Saturdays 11:00 a.m. - 1:00 p.m. We also have a **Youth Challenge Group**, ages ***12- 16 years***, who wish to continue skiing on a recreational level. Skiers at this level receive technique instruction with an emphasis on just getting out on the trails and skiing under the guidance of an experienced leader. This is a great alternative if your teen is not interested in the racing aspect of skiing, and we have had very positive comments on its introduction.

Cross-country Canada has changed the colour badge award system for each level, to a numerical system of 7 skill levels with themes. Stickers rather than badges will be awarded. We will be using this new system this season.

Our jackrabbit season kicks off this year with the **Open House** at Lappe Ski Centre on Friday, **September 12, 2003, 6:30 p.m - 9:00 p.m.** This will be one the first opportunities to register for the program. Ski registrations may also be done by contacting me - **Judy Hall** at **767-9638**. We will also be at the **Cross- country Kick-Off** at Marostica Motors, **Saturday, October 04, 2003.**

Parents: Signing up for the program isn't only for the kids, we love to have adult jackrabbits too! We always need Leaders. Starting off as an assistant leader is a great way to help out and pick up some ski skills. If you are concerned that your ski ability is not adequate, not to worry, we will provide training sessions so that you can learn the skills and then learn how to teach them in a fun and effective way. Our club has lots of resources. Speaking from experience, this is a great way to learn the many skills and techniques involved in skiing, all while skiing with your children.

On a personal note, I would like to add that I have been a part of the Lappe Jackrabbits for eight years as an assistant Leader and Leader. My family and I go to Lappe for Jackrabbits on Saturdays and stay for the day, skiing, eating pancakes, tobogganing and having a sauna. I am looking forward to my new role as the "Big Bunny", and will do my best to ensure that the trails continue to be busy with young skiers on Saturday mornings. I hope to see you there!

*Judy*

## **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.
- **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](http://www.lappenordic.ca)

**Lappe Hotline at 623-3735**

**Liz Inkila, President 767-1860**

**Judy Hall, Jackrabbit Inf. 767- 9638**

**Snowphone and trail conditions 767-2423**

*classic/free techniques, short and "longer" (5 km) distances.*

## **Calendar of Skiing Events**

### **September:**

**12th** - Lappe Nordic Ski Club **Open House/Registration**, Lappe Nordic Centre, 6:30 - 9:00 p.m., will also include a **perrenial sale** and a **bake sale**, Liz Inkila, 767-1860.

**27th** - **Sawdust Run**, Lappe Ski Centre

### **October:**

**04th** - "**Cross Country Kick-Off**", Marostica Motors, 1142 Alloy Drive, Thunder Bay.

### **December:**

**07th** - **Lappe Distance Challenge**, Lappe Ski Centre, Lappe Nordic.

**26th** - **Boxing Day Race**, Lappe Ski Centre

### **January**

**03rd - 04th** - **Lappe Invitational**, Lappe Ski Centre

**24th** - **Inter Club Relays**

**31st** - **LSSD Ontario Cup**, Lappe Ski Centre ( Day 1)

### **February**

**01st** - **LSSD Ontario Cup**, Lappe Ski Centre ( Day 2)

### **March**

**27th - 28th** - Marostica Subaru 24 Hour Relay

April

**03rd** - Run and Ski



*Some of the Junior Racers in Timmins*

### **Athletes Representatives : Berit Dool and Timo Puiras**

Welcome back everyone! Another ski season is just around the corner ( that is if Mother Nature is kind to us!) This year, Timo and I will be the athlete reps for the Lappe racing team. I'm expecting an exciting year with personal bests, friendships and medals! Marc and Jeff, the coaches of the Lappe Junior Racers, have been training the group this summer in the expectation of the athletes striving to reach their highest potential this ski season. Both have given up a great deal of their time in order to make us exceptional skiers. This year we're happy to welcome a couple of new members to the Lappe Junior Racers, Chris Hamilton and Alex Scochinski. With Marc and Jeff's coaching and their commitment they will soon become great skiers.

Throughout the summer there has been wonderful participation from the Lappe athletes in a number of different events around the city, ranging from triathlons, Dragonboat races, and other competitions. On top of that we've been training for the upcoming ski season by attending training sessions, training camps, and even time trials. Marc has given each junior athlete a log with a personalized training plan including a required number of hours for the athlete to accomplish. Hopefully all of this training and hard work will pay off this upcoming ski season.

This year is going to be a busy season for the Lappe Ski Club. The Ontario Cup is once again coming to

Lappe so hopefully, we can take advantage of our home course. This exciting event will take place on Jan 31 and Feb 01. Once again, it will be a great opportunity for the club to show off Lappe's challenging trails and hospitality ( including our World Class Finnish pancakes!) As well as competing at the Ontario Cup race at Lappe, there are also three other Ontario Cup races happening around the province, North Bay, Deep River and somewhere in southern Ontario. The Nationals are taking place in New Brunswick this year. Hopefully, we'll have a strong contingent of racers representing Lappe at these exciting competitions.

We look forward to Lappe's support this upcoming season and will strive to achieve our best results. As members of the Lappe Junior racing team, we hope to be good representatives of the club and to do the club proud!

***Berit***

**Contact:**

**Timo Puiras**

Email: [xctimo@hotmail.com](mailto:xctimo@hotmail.com)

Cell: **626-0343**

### **Coaches Report: Marc Metsaranta**

The snow portion of the racing season is approaching fast. Athletes have been diligently training throughout the summer months in preparation. Further fitness and technical improvements have been gained by many. Dryland group training sessions will continue during the fall months.

Athlete evaluations are continually being made, but hopefully the summer performances will decide participation in Ontario Cups and eventually, the National Championships.

***Marc***



***Champion Dragon Boat Team***

***Dragon Our Skis: Christina Groulx***

Once again a few of our Lappe skiers, along with a few of our Big Thunder and Kamview friends, paddled towards victory! We entered in the Youth Dragon Boat competition and came away with an impressive first place! Way to go everyone! We all worked hard and had a great time!

***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.

This program is designed to help everyone from racers who need a few tips with their technique to the novice who simply wants to enjoy the outdoors and keep fit.

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](mailto:jgroulx4@shaw.ca)

See you skiing!

***Jim***

***Reminder: Registration for Jackrabbits***

***and all other programs on September 12, 2003 at Lappe Ski Centre***

***6:30 p.m - 9:00 p.m.***

***Upcoming Bingo: September 8th, 2003 at Auditorium...5:45 p.m....volunteers welcome!***

***See you at the Open House!***



***(If you have any suggestions re: Newsletter, please don't hesitate to contact me at***

***[jgroulx4@shaw.ca](mailto:jgroulx4@shaw.ca) or 767-4332)***

***Janice Groulx***