September 01, 2005
Volume 5, Issue 2

Lappe Nordic

Lappe Nordic Ski Club … www.lappenordic.ca

Special Interest Articles:

- **Lappe's Open House Sept 09, 2005 6:30 to 8:30**
- **Volunteers Needed for Canadian Ski Patrol and for the Nationals**
- **Lappe Hosts the 2006 Nationals March 5-12, 2006**

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Presidents Message: Liz Inkila

Another ski season is almost upon us and what an exciting one it will be. Lappe will host the 2006 Nationals March 5-12, 2006. Our organizing committee is well into planning a great event for the athletes coming to our city. More importantly our junior and senior athletes have been busy preparing for the season. What a dedicated group of coaches and athletes! Everyone is looking forward to compete on their home turf.

One of the exciting components of the event will be the sprint competition which will be held in the area surrounding the Canada Games Complex. The City of Thunder Bay has jumped on board as a hosting partner and will work with the race committee to create a great event. Volunteer opportunities are available. Contact Mary Jo Dool at doolm@shaw.ca.

The Nationals isn't the only thing happening at Lappe. We will be hosting the usual events starting with the Sawdust run on October 1st. We will also be hosting an Ontario Cup, January 14th and 15th. Our event committee would love to see new faces to help with the many races we host. Please let myself or Grant Hall

(Above): President Liz Inkila (right) Vice President Grant Hall (left)

know if you would like to get more involved.

The trails at Lappe have never been in better condition for pole walking and running. Pauli and the Hecker family have been working hard keeping the grass cut. Thank you very much for all your work over the summer.

The entire trail system has also been brushed. Bowater provided 5 rangers to come out to Lappe and brush all the trails. Thank you to Derek Dool for arranging this great service and to Mike Hecker for directing and organizing them. Also thank you to Bowater for this invaluable service. The trails are incredible. Come out and enjoy them!

In May our club had their Annual General Meeting. Thank you to all who attended. There were a few changes in the Board. Thank you to Mary Ellen Ripley who has been our treasurer for 3 years.

Summer Training Camp at Lappe, Athletes and Coaches

"The emphasis is on fun, fitness, and skill development"

Volunteers assisting the Jackrabbits during the LSSD Championships

Presidents Message: cont……

She will be focusing on her role at the Nationals as Competition Secretary. Geoff Hall has stepped into that role. Another new face on the Board is Joan Panizza. It is always great to have fresh ideas and we appreciate their interest.

At the AGM meeting, a decision was made to discontinue our information line 623-3735. We felt it was an expense that was no longer affordable. Our website will be the primary source of information for club activities. We have set up an email address for people to give the Web guy club information. It is lappenordic@hotmail.com. Please send in your information in a timely manner and it will be posted on the website www.lappenordic.ca. Thank you to Judi Vinni for being the " voice " on the club phone for so many years.

Lappe Nordic's annual Open House will be held September 09, 2005 from 6:30 p.m to 8:30 p.m. at the Ski Center.

Come and kick off your 2005/2006 ski season by enjoying some refreshments with your ski friends and finding out what's new at Lappe. Registration for programs and trail passes will be available.

Come out and enjoy the trails. See you then!!

Jackrabbit Program: Judy Hall and Ellen Mortfield

JUMP ON JACKRABBITS

If your family is looking for a great way to enjoy winter, take a look at the Jackrabbit program at Lappe Ski Centre. Get all the details and register the kids during the Lappe Nordic Ski Club's Open House—Friday, September 9 from 6:30 to 8:30 p.m.

Children of all ages will build confidence in cross-country skiing, from toddlers just starting out right up to the teens working towards a competitive edge. The emphasis is on fun, fitness and skill development, in two-hour sessions (11 a.m. to 1 p.m.) every Saturday. You can make the most of winter at Lappe, where the snow comes sooner and stays later!

If you have questions about the Jackrabbit program, contact Judy Hall at 767-9638.

If you would like to get involved as a volunteer, you may also contact Judy to enquire about assisting with Saturday sessions or special events, such as race days and the year-end party. This year, we are hoping to share the organizational work among a team of volunteers, so even if you can only offer a few hours a month, we'd love to hear from you!

The Nationals Six Months and Counting: Mary Jo Dool

As successful bidder to host the National Cross-Country Ski Championships to be held March 3-12, 2006, Lappe will welcome approximately 450 athletes and coaches from all across Canada, including members of our own National Ski Team to compete.

Many local athletes from Lappe and Big Thunder are amongst those expected to represent Ontario at the Nationals.

Your help is needed. Support our Lappe Nordic Club and local athletes by becoming involved. Many volunteers are needed for this eight day event to be a success. Invite your friends and come join the fun.

Highschool volunteer hours are available to students who are willing to help out. A wide scope of volunteer opportunities are available for the inexperienced or experienced cross-country ski enthusiast with training sessions being provided as necessary. Volunteer applications are currently being accepted. Applications are available at

www.skinationals.com or by calling Nationals 2006 Volunteer Coordinator Mary Jo Dool @ 768-0250.

Join our team and make a difference. SNOW LAPPE SNOW!

Above:Kelsey Dool
SSSAA, Senior Girls
1st Place

Below: Michael Sompii
SSSAA, Senior Boys
1st Place

Trail Clearing Update: Derek Dool

If you've frequented LAPPE lately and survived the hill climbs you'll notice the trails seem wider than ever.

Contrary to speculation, Grant Hall and his yearly crew of brushers haven't camped out at the centre during the summer, roasted marshmallows, drank beer and practiced the art of brushing.

To put things in perspective, the credit goes to Bowater, Thunder Bay Woodlands and Outland Reforestation's efforts through their Junior Ranger Program. The program is sponsored by Bowater and administered by Outland Reforestation. Teenagers are employed during the summer to undertake various forestry related projects, some of which are community orientated.

Bowater was approached earlier this year with a proposal from Lappe to consider brushing the trails in preparation for the 2006 National Championships. From the requests received Lappe's proposal was one of the projects selected.

Trail Clearing Update….cont…..

A number of days were spent by the crews at Lappe brushing the trail system. From what I have heard the crews have done a superb job of brushing a significant area, thus ensuring the "Lappe Standard" meets or exceeds the "Nationals" expectations.

A sincere thank you to Bowater and Outland Reforestation for their timely contribution at the ski centre in preparation for the Nationals.

Take heart Lappe volunteer brushers. Mother Nature is reluctant to give up her successional ways. Those alders, grass and other regenerating things will be back with vengeance next year. Your efforts and the Bowater/Outland Reforestation contribution this year are always appreciated.

Canadian Ski Patrol System: Ian Casey

"The Nordic Ski Community will have to become involved." Canadian Ski Patrol System needs Volunteers.

"We are looking for between five and ten people."

My name is Ian Casey; I am the Vice President (Education) for Superior Zone in the Canadian Ski Patrol System.

As you may be aware, the CSPS has been active in both the Alpine and Nordic ski communities in Thunder Bay for many years now, providing first aid training, ski safety programs, and first aid / rescue services to skiers. As you may also be aware, our presence in the Nordic community has decreased in the last few seasons.

Along with my role in the education portfolio for our organization, I attempt to run a recruiting program each season to bring new people into the fold. Over the last few years the CSPS Alpine Ski Patrol has grown, but I have found it difficult to access the Nordic community for volunteers.

As a result the Nordic skiing community has had little to no access to our available services and safety programs. With your assistance I would like to change this.

We have been approached by the Lappe Nordic Ski Centre to establish an active CSPS patrol this season and in the future, particularly in the lead up to the 2006 National Championships in March. I have come to realize that for this to work, the Nordic Ski Community (whether it be at Lappe, Kamview, or other ski areas) will have to become involved.

I envision the CSPS providing the training and programs, initial material resources, and ongoing support to local Nordic patrols and the Nordic community providing the people interested in learning first aid and offering their services within their clubs and ski areas. With this in mind, we are looking for between five and ten (or more) people who are interested in taking our first aid course starting in September to qualify

Canadian Ski Patrol System…cont….

as CSPS Patrollers and take the lead in organizing their ski patrols within the Nordic community. In the past the CSPS has had a large group of patrollers who skied at both Kamview and Lappe, as well as different races and events thoughout the ski season.

We need to spread the word about this opportunity for growth at Lappe leading up to the Open House in the beginning of September.

Sincerely,

Ian Casey

V.P. Education, Recruiting Officer, Superior Zone

Canadian Ski Patrol System

Thunder Bay

A sign up sheet will be available at the Lappe Open House.

Emergency Helicopter Lands in Lappe's Parking Lot

Lappe Nordic Junior Development Raffle

LSSD – Lappe Nordic Ski Club is holding a raffle in support of its Junior Racing Program.

First Prize is a hand crafted marble grouse sculpture (Donated by Dr. Hilary Petrus) value $1,000. This unique piece weighs about 11 pounds and is 15 inches in length.

Second Prize is a framed print entitled "Northern Passage" (Donated by Abitibi Consolidated Inc) value $250.

Tickets: $5.00 each or 3 for $10.00. Available at Balance Footcare, and from Lappe Nordic club members.
Date of Draw: Thurs. Mar. 09, 2006
Time of Draw: 8:30 p.m.
Location of Draw: Confederation College Ryan Hall @ Cross Country Canada Nationals Banquet.
Prizes will be on display at Balanced Footcare – 843 Red River Rd, Thunder Bay or view pictures on Lappe website.
Tickets will be available at the Open House.

Coaches Report: Marc Metsaranta

With the Nationals at Lappe this winter, many athletes have been training very diligently over the past summer months, remembering that "skiers are made in the summer time!"

The snow portion of the season is fast approaching! The athletes and coaches are into their final dryland "fine-tuning" of their fitness before the snow comes.

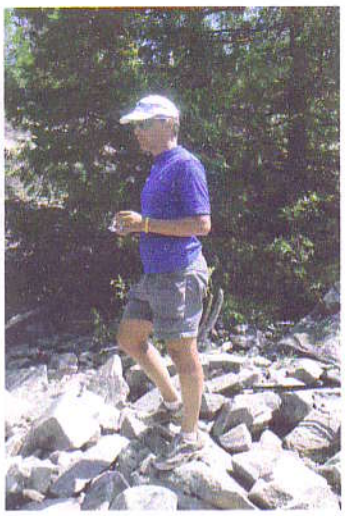
The race calendar will soon be out. Tentatively the group plans to travel to the SOD Ontario Cup in Hardwood Hills during the Christmas Holidays and the NOD Ontario Cup in Sault Ste Marie in mid February.

Stay tuned for more details or contact Marc at 628-2435 for information about anything.

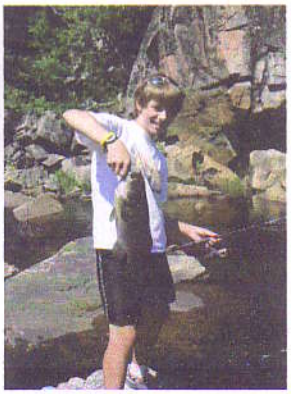
Above: Marc Metsaranta

"Skiers are made in the summer time"

Below: Lauren, Britt, Christina and Todd



"We would like to say thank you to the Lappe Club Members for welcoming us to Thunder Bay"



Above: Mike Hecker at Silver Falls

Below: Jeremy Hecker with his catch of the day!

South of the Border: Mike Hecker

We were asked to give a U.S. perspective on what's been happening in the ski world. We thought that by trying to explain a common question asked of us over the past 6 months; it would give you that perspective and our thoughts to skiing in the U.S. That common question is "Why did you buy the Puiras' house and join Lappe, eh?"

Out our door in Ham Lake, Minnesota, about 50K north of Minneapolis, we have access to over 200K of groomed trails—including over 75K of lighted and 15K with man-made snow. Just 45 minutes north and a little west of us is the Mora-Vasaloppet Race and its trail system. Two hours north puts us in Duluth and 2-½ hours northeast is Hayward, Wisconsin, home of the Birkie trail. Along with all the trail systems, Nordic skiing is a recognized high school sport in Minnesota and in other states. Last season, there were over 80 teams and 2500+ skiers, ranging in ages from 13 to 18, in the high school program in Minnesota alone. Add to this are several large ski retailers, including Finn-Sisu Sports—yes, very Finnish and one of the largest retailers in the U.S. owned by Ahvo Tiapale, a native Finn.

We bet you are thinking that we must be political refugees—why else would we move from such an active Nordic area so close to home to travel to a place over 6 hours away by car? Here are a few reasons.

1. Global Warming or the Coming Ice Age, we are not sure which title is correct these days. What we do know is that our ski season in and around Minneapolis over the past 5 years has been reduced to about 2 months. The Birkie has been cancelled as well as the Mora-Vasaloppet in recent years and many races were moved to lakes or to man made snow loops of 2.5 to 5K each. Try doing a marathon ski race on a 5K loop. Even in the poor snow years, Lappe is ski able in late November through early March.

2. Those that have been to the Twin Cities or the Mora - Vasaloppet understand when I say we "flat-land" ski. There is very little elevation change to challenge an athlete. Lappe, thanks to Reijo and his foresight, can be as gentle or as challenging a course as you would like.

3. Another reason is that we are a "ski" family. I started skiing in 1974, Connie in 1985 (that was a sight to see), and both Jeremy and Chris the winter after they learned to walk. Several years ago, we talked about having a camp close to a ski area. Giants Ridge, north of Duluth about 100K, and the Birkie Trail came to mind first. But in 1995, I had a sales meeting at the then, soon to be opened, Big Thunder Training Center and my first extended stay in and around the Thunder Bay ski community.

South of the Border...cont....

Since then, each year we were coming back a few more days during the year, making new friends and becoming a part of your ski community. In 2003 we spent over 30 days in Thunder Bay either at a hotel or camping. We were at Lappe in 2004 telling this to Reijo when he said "You should buy my house." At first we thought he was joking and in the months to come realized he was not. The more we thought about it, the more it seemed to make sense. Our final decision was made when we asked Pauli that if we bought Reijo's house, would he be interested in moving in to look after it when we were not around. His answer was "How soon can I move in?"

4. The most important reason we decided to buy the Puiras' house was the Lappe Ski Club. There are a lot of skiers in Minnesota but only three clubs that service junior skiers—the Minneapolis Ski Club, Sisu Skiers, and Minnesota Youth Ski League. They try very hard to provide comprehensive training and programs, but the membership is spread out and does not provide the focus and attention to individual athletes that Lappe provides. There are several other "small clubs" for junior racers, but they are run by high school coaches, which allow them to work with their athletes on a year around basis. Although our high school program is extremely large, only 1-2% of the athletes continue on after high school. The vast majority of athletes in the high school racing program are there to stay in shape for other sports such as track, volleyball, football, etc during the off-season. Or for the social aspect of being with friends, which is a good thing except most spend way too much time socializing instead of training. Unfortunately, having a strong high school program has created a very weak club system.

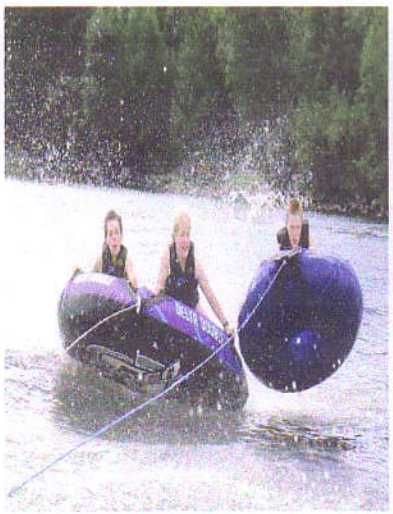
Since our move in February, we have really enjoyed our time in Thunder Bay. As many of you know, Jeremy "moved" to Lappe the day after school got out. Chris and I came to stay July 1st, to cover a few of Pauli's tasks while he was in Finland, and Connie was up for an extended stay about every two weeks.

Expect to see us a lot this winter. The plans are for Jeremy to travel with the Junior Racers to various meets around Canada this season. And we will be here for Nationals in 2006—not many people in the States can claim they have a National Ski Event conducted in their back yard.

So now you know the U.S. perspective on skiing—well, maybe not, but at least you know the reason as to why we bought the Puiras' house. We would like to say thank you to the Lappe Club Members for welcoming us to Thunder Bay and Lappe Ski Community. You've made us all feel very welcome. And to those we haven't met, we look forward to meeting you this winter.

Above: Chris Hecker Training at Lappe.

Below: Jeremy Hecker, Christina Groulx, and Todd Inkila relaxing after a workout!



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. Again we are compiling a powerful group of outstanding coaches. As usual, terrific guest instructors will also help to analyse and tweek your technique!
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 to novice skiers who simply want 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

Lappe Nordic
www.lappenordic.ca

Phone:
Volunteers Needed
807-768-0250

E-Mail:
Volunteer Coordinator
doolm@shaw.ca

HOST OF THE 2006 CANADIAN NATIONAL CHAMPIONSHIPS

We're on the Web!

See us at:

www.skinationals.com

Upcoming Events and Contacts

Lappe Nordic Ski Club at the region's most complete and challenging ski facility. Lappe offers cross country skiing at its best for skiers of all abilities. Amenities include saunas, showers, and of course our world famous Finn pancakes.
All programs are very affordable.
Join us at…. Open House, Sept 9, 2005, 6:30-8:30 p.m.
Sawdust Run: Oct 01, 2005, 10 a.m.
Ski Swap: Oct, 2005 (date TBA)
For more information:

www.lappenordic.ca
www.skinationals.com
Trail Conditions: 767-2423
Liz Inkila, Pres: 767-1860
Judy Hall, Jackrabbit Info: 767-9638
Jim Groulx, Masters Info: 767-4332
Janice Groulx, Newsletter/Media Rep
jgroulx4@shaw.ca

Host of the 2006 Canadian National Championships

Congratulations to the Newlyweds
Above: Jodie Maepea and Geoff Hall
Below: Becky Laakso and Timo Puiras
And the Junior Racers…Out of Lycra!