Lappe Nordic Ski Club

SEMI-ANNUAL NEWSLETTER **SEPTEMBER 2007**

A Message From The President - Werner Schwar

With this newsletter, I want to welcome you to the unofficial beginning of the 2007 ski season. Yes, I know for many of you, skiing is still far away, but for the nutbars among us, it could be as soon as 6 weeks until those first few millimeters fly and (sort of) cover the sawdust.

For those of you who don't know yet, I have become the new Lappe Ski Club President. My arms are still bent from all the twisting it took to get me to agree to this position, but none-the- less, here I am. I have some really big shoes to fill to replace our past President, Liz Inkila, and I know for certain that I will not be able to devote as many hours to the Club as shed did. Thankfully, the new Board (see page 3), has agreed to help me out whenever possible.

My first official duty, one I'm sure you'll all join me in, is to say a big **THANK YOU** to Liz Inkila for all her long, tireless hours she devoted to the Club. Liz has graciously agreed to remain a part of the Lappe Executive in the position of Secretary.

Our new Board is a mix of old and new faces. Many thanks to the members who have resigned, and a big welcome to the new members. As has been said a million times before, this Club is run by volunteers and new faces are always welcome as there is never a shortage of things to do.

I hope to see lots of the membership at the annual Open House on September 14 (6:30—8:30 pm). Be sure to drop by and say hello, chat with people you have not seen the entire summer, and maybe eat a donut or two. It's also a good opportunity to talk with me personally if you have any interesting ideas for the Club to pursue, or other issues you would like brought up for discussion..

Have a GREAT Autumn!

And One From The Editor (& mom of the Rookie) - Rose Darosa

Wow, it's hard to believe that over a year has gone by since the first time I brought Kim out to Lappe. Over the past year I've had the privilege of getting to know the Lappe racers and their parents and what a wonderful group of people.

The kids were quick to welcome Kim, and continued to make her feel welcome, in spite of the fact that getting her to answer them with more than one word was like pulling teeth out of a bear.

As quick as the kids were to welcome Kim, the parents were just as quick to welcome me. They quickly took me under their wing, introducing me to the trails and explaining the ins and outs of the sport to me.

The kids, and parents, love of the sport is obvious in the amount of work they put into their training, and into the club. And it's contagious…..Kim loves cross country skiing and is already setting new goals for herself for the upcoming season. And while I haven't quite perfected my technique, and sometimes resemble an elephant on skates, I am determined to master Gordie's Corner this year….and on my skis, not my rear end.

When Kim's teacher, Sean Mundy introduced us to Brooke Latimer, who then turned us onto Lappe, I had no idea that it would quickly become one of my favorite places to be. A big thank you to Mr. Mundy, Brooke and the members of Lappe (skiers, coaches & parents) who have helped me (& Kim) to have such a memorable first year.

Important Dates

Open House
Lappe Nordic Ski Center
Sept 14/07 @ 6:30 -8:30 pm

Jackrabbit Registration
Lappe Nordic Ski Center
Date: TBA

Fast and Female
Lappe Nordic Ski Center
Sept 29/07

Sawdust Run
Lappe Nordic Ski Center
Oct 6/07 @ 11:00am

Ski Swap
Lappe Nordic Ski Center
Nov 3/07 (tentatively)

Distance Challenge
Lappe Nordic Ski Center
Dec 9/07 @ 8:00am

Boxing Day Classic
Lappe Nordic Ski Center
Dec 26/07 @ 11:00am

O-Cup #2
Lappe Nordic Ski Center
January 11, 12, 13, 2007

Interclub Relays
Lappe Nordic Ski Center
Date TBA

Lappe Invitational
Lappe Nordic Ski Center
Date TBA

LSSD Championships
Lappe Nordic Ski Center
Date TBA

24 Hour Relay
Lappe Nordic Center
Mar 29/07

Run & Ski
Lappe Nordic Ski Center
Apr 5/07 @ 11am

Jackrabbits - Paul Charette

As with any sport, it's never too early to start your child on a life-long love of a sport. Cross country skiing is a great family activity, one that family members of all ages and fitness abilities can enjoy together.

Our Jackrabbit Program is for toddlers just starting out, all the way up to the teens working towards a competitive edge. The emphasis is on fun, fitness and the development of skills. Sessions are two hours long, every Saturday and anyone is welcome. Get all the details on the Lappe Ski Center's Jackrabbit Program at the open house on Sept 14 (6:30 – 8:30) or contact the coordinator, Paul Charrette by email at pcharrett@lakeheadu.ca or call 683-7200.

The Jackrabbit Program is run by volunteers, who always welcome any assistance they can get. If you have an hour to spare here or there, or just on race days, etc., please let Paul know.

Lappe Ski Center

Snow Phone

767-2423

Master's Program—Jim Groulx

This season will be the 7th for the Lappe Masters Program. This is essentially an adult program but we can accommodate older teens as well.

Its perfect for those who wish to fine tune their technique in the hopes of knocking off some races (or a few pounds) or those who would just like to learn.

Lessons generally alternate weekly between classic and skate style skiing. We are flexible in approach and can cover such things as training or waxing if requested.

Lappe Club Members can enjoy a cut rate and prices will be the same as last year.

As of right now the tentative day for Masters will be Tuesday at 7 pm and will begin when Lappe gets its first good snow. Keep your eye on **lappenordic.ca** to find out exactly when that will be.

Athlete's Representative—Katherine Hall

As summer ends & school starts, the Lappe Athletes continue to train hard. I would first like to introduce myself as this year's Athlete Rep, Katherine Hall. Thanks to Michael Somppi for being last year's – he's now passed the torch on to me. Next, I would like to welcome everyone to the 2007-2008 ski season. All the athletes have been training hard to prepare for the upcoming events that fill the season.

Congrats to Michael Somppi, who has been named onto the '07/08 NTDC Th Bay-he spent part of his summer training in Canmore AB. As for the rest of us, this summer has brought a change in training, with our new head coach Paul Inkila. You are bound to see us around town running, ski walking, biking, roller-skiing, or doing our strength workouts as we've been training at a variety of venues such as Centennial Park, Trowbridge, Hillcrest Park, Innova, Mt McKay, and of course, our favourite, Lappe. We've also held our own triathlon at the Inkila's camp at Shebandowan, spent a day at the Sibley peninsula hiking to Sawyer's Bay and up to the look-out, followed by dinner at the Bailey's camp. You also may have noticed many of the Lappe Athlete's names on various results pages such as the 10 Mile, Kids of Steel /ThBay Triathlon, Blacksheep Mountain Bike Races, O-Cup Cycling Races, and Tapiola 3000.

The team has been training together twice a week through the summer, will continue into the fall and we welcome any new athletes to come out and join the team for the upcoming season. We've been training hard and are looking forward to a great Race Season!

Lappe's New Executive Board

The 2007-08 Lappe Executive is made up of old and new faces.

Without this Board, and all their hard work, the many events of Lappe would not be possible.

The Lappe Executive is always looking for new faces and if you have time to spare, even just an hour or two, like at a Bingo, or a club level race, or even for the upcoming Ontario Cup (see page 4), and would like to volunteer, please contact any one of the Board members via email at LappeNordic@hotmail.com.

This year's Board is made up of the following members:

Werner Schwar
President

Grant Hall
VP & Events Coordinator

Rod Somppi
Treasurer and LSSD Rep

Liz Inkila
Secretary

Derek Dool
Events Committee

Rose Darosa
Newsletter

Joan Panizza
Membership

Katherine Hall
Athletes Rep

Jim Groulx
Coaches Rep

Board meetings are the 1st Monday of month, are usually held at Seattle Coffee House on Cumberland. Email us at LappeNordic@hotmail.com for details.

Visit www.LappeNordic.ca

Email Us LappeNordic @hotmail.com

Training Days—Paul Inkila, Head Coach

"This is like déjà vu all over again". The tradition of Finnish flavour coordinating Lappe's coaches continues as I've stepped forward as Head Coach this year. I'm hoping to combine the best of what I've learned from our previous coaches with my own ideas for athlete development.

At our athletes' suggestion, the Lappe Racing Team is being exposed to more variety this year, both in the workouts we do and our meeting locations. During the summer we've enjoyed such workouts as a multi-hour Sibley hike/run; interval running at Tapiola; roller skiing at Innova Park; Rambo running through Boulevard; and pounding the hill at Hillcrest Park. (maybe the athletes didn't enjoy that location quite as much :-)).

Although cross country skiing is an individual sport I've been reenforcing the benefits of team work in our training. I believe that our older, experienced juniors and our team veterans should be attending group workouts as motivation for others.

2007 Training Camp

Our Club President Werner Schwar has been showing the way to the group this year by setting our standard for fitness, and demonstrating workouts from his NTDC days.

At the time of writing this note the Lappe Nordic Board of Directors is in the process of drafting a document of values and principles for Lappe Racing Program. Much of the document is common sense and already in practice at the Club. There are also other components that are causing serious concerns within the racing team. I do not know how it will all unfold, but I do believe a written guide for the racing program will only help. Many thanks to Rod Somppi for leading this activity, which is critical to the future success of our Club.

Keep your eyes open for the Lappe Racing Team.

Our team workout locations and activities are posted on www.LappeNordic.ca

Any Club member (present or future) is welcome to join us.

Off Season Fun & Games (& Some Great Results)

Our Lappe athletes and fellow skiers have been busy over the past Spring/Summer Season.

Despite rain and wind, several runners from Lappe braved their way through the annual 10 mile road race on Victoria Day with some amazing finishes. Even our newest club member, Marita Puirus, enjoyed a good run, although she did have a little help from Mom!.

Congratulations also to the three members of the Lappe Racing Team who made the Ontario Junior Ski Team this year….

Juvenile Girls
Lindsay Inkila

Junior Girls
Christina Groulx

Junior Men
Michael Somppi

Several of our Lappe racers have graduated high school this year. A big congratulations goes out to:

Lauren Stoot,

Katherine Hall

and Christina Groulx.

Presently, our very own Sam Loud is biking all over the province and doing exceptionally well…...way to go Sam!

Further congratulations to Lappe's own Michael Somppi for being nominated to the NTDC team!

The annual Kids of Steel Triathlon and Adult Triathlon also saw some great performances from Lappe members with our very own Lindsay Inkila finishing 1st in her category (Girls 14-15)
……..congrats Lindsay!

Other great finishes included:

Girls 10-11
Laura Inkila 2nd
Sarah Hay 4th
Haley Shipston 20th

Boys 12-13
Chris Hecker 4th

Men's Olympic
Ron Mahler 3rd
Werner Schwar 6th
Bruce Brown 25th

Women's Olympic
Sue Hay 13th

Men's Sprint
Darrell Hay 4th

Lappe Open House

Sept 14/07

6:30—8:30pm

Sawdust Run

Oct 6/07

11am

Fast & Female and Ontario Cup #2

Lappe has received the honor of hosting the first ever ***Fast and Female Event*** in Thunder Bay on **September 29, 2007.**
.
This will include a "make you ripped" strength circuit, lunch and dinner, yoga, games, fun with other females, dancing, and a chance to become inspired by fellow female athletes.

For more info, send an email to Mallory_Deyne@hotmail.com or check out the website at www.FastandFemale.com.

Lappe Nordic is very proud to be hosting an ***Ontario Cup*** this season.

We are quite excited as it will be a 3-day event, meaning our athletes will be able to participate in 3 O-Cup races here at Lappe.

The event will also be an Ontario University qualifying race.

So mark **Jan 11, 12 & 13** on your calendar as we'll be calling on our great volunteer base to help out.

The tentative plan is to host **'Sprints Under The Lights'** on Fri, Jan 11, Sat, Jan 12 & Sun Jan 13t will be the usual individual/ mass start races.

We are really hoping that Mother Nature cooperates, but remember….. it's never too early to pray for snow!

Let It Snow!!!

Smile.....You're On Lappe Camera!

Hanging Out & Having Fun
Wrap Up Party @ The Halls

Jeff Takes On The Swamp (& The Swamp Wins!)

Stride Right Lauren Training Camp June '07

Todd At Mount McKay May 17/07

Lindsay At Kids Of Steel Triathlon July 27/07

Evan Meets The Log At Training Camp June '07

Britt @ The Track May 8/07

Paul and Petri Take A Break Sibley Training Day—July 28/07

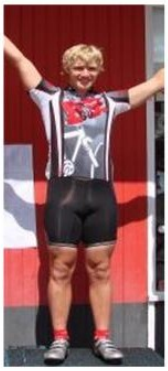
Chris and Big Brother Jeremy Enjoy A Nice Swamp Walk

Training Camp June '07

Katherine
@ Mount McKay
May 17/07

Sam On The Podium

Way To Bike Sam!



Kim & Her Mom Run The 10 Mile Road Race May '07

And……Just For Fun

Cross Country Skiing

Touring on skis along trails in scenic wilderness, gliding through snow-hushed trails, hearing nothing but the whispery hiss of the skis slipping through snow and the muffled tinkle of your car keys dropping into the deep puffy powder of a wind-sculpted drift.

Get Ready For Ski Season

Ski season is almost here! Hence, the following list of Exercises will help to get you prepared:

1. Visit your local butcher and pay $30 to sit in the walk-in freezer for a half an hour.

2. Soak your gloves and store them in the freezer before, and after, every use.

3. Fasten a small, wide rubber band around the top half of your head before you go to bed each night.

4. If you wear glasses, begin wearing them with glue smeared on the lenses.

5. Throw away a hundred dollar bill…….now.

6. Find the nearest ice rink and walk across the ice 20 times in your ski boots carrying two pairs of skis, accessory bag and poles. Pretend you are looking for your car. Sporadically drop things.

7. Place a small but angular pebble in your shoes, line them with crushed ice, and then tighten a C-clamp around your toes.

8. Buy a new pair of gloves and immediately throw one away.

9. Fill a blender with ice, hit the pulse button and let the spray blast your face. Leave the ice on your face until it melts. Let it drip into your clothes.

10. Dress up in as many clothes as you can and then proceed to take them off because you have to go to the bathroom.

11. Repeat all of the above every Saturday and Sunday until it's time for the real thing!

NEVER CATCH SNOWFLAKES WITH YOUR TONGUE UNTIL ALL THE BIRDS HAVE GONE SOUTH FOR THE WINTER.

U	B	R	J	S	L	S	N	S	X	Y	H	C	Q	B
Y	I	O	E	A	Y	S	S	F	R	L	V	D	J	D
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B	O	E	A	T	Z	K	B	H	S	T	Q	G	D	V
P	P	X	B	X	S	I	R	X	Y	C	R	R	P	H
F	I	N	N	I	S	H	P	A	N	C	A	K	E	S
R	L	I	S	K	I	I	S	W	B	B	T	A	J	T
F	E	M	F	S	V	G	Q	T	A	B	A	K	R	F
J	C	T	R	K	P	L	F	X	B	K	I	A	N	N
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U	E	G	N	I	C	A	R	W	C	R	V	K	M	F
P	S	J	H	W	O	L	Z	X	R	J	C	I	S	O

Word List

Lappe
Finnish Pancakes
Wax
Trails
Poles
Skis
Boots
Racing
Coaches
Fun
Snow
Winter
Jackrabbits