



Lappe Nordic Newsletter

April 2002

Another ski season has come to a close. This year will be remembered as the year with very little snow. As predicted once the temperature climbed, the snow went very quickly. One day the stadium and pond loop were skiable, the next day the die hards had to walk to find snow. Although the snow was scant, many kilometres were skied this year. Our season had many highlights, so read on and enjoy the summer!

Congratulations to Gabe Lamarche. Gabe won a single Lappe Nordic 2002/2003 Trail Pass at the Open House in September just for coming out and buying his 2001/2002 trail pass and membership.

Lappe Nordic members purchased club racing suits this winter. After some problems with fit, we were wearing our new suits at the LSSD Championships. The club has one remaining suit available for purchase. It is a smaller top and a larger bottom. Anyone interested in purchasing either please call Liz at 767-1860. We will be ordering again in September with enough interest.

Racing Rabbits Report

The Racing Rabbits is a program for young skiers who have progressed through the regular Jackrabbit Program, and want to continue their skill development and become more involved with cross country ski racing. Participants are typically in the 11 - 13 age group, and although most participate in ski racing, some are there just to ski and train with others of similar ability.

The 2002/2003 Racing Rabbits were coached by Paul Inkila and Werner Schwar. The group was comprised of Travis Comeau, Kyle Palmer-Charrette, Kate and Emma Loud, Todd and Lindsay Inkila, Logan Maley, and Katherine Hall.

The group began meeting at Centennial Park in the autumn of 2001 for trail/pole walking and mountain biking. As the ski season approached, group meetings were held at Lappe, and became more focussed on improving conditioning for ski racing. Once skiable snow was on the ground, Saturday morning practices stressed skills to improve the skiers' abilities to ski faster, more efficiently, and with more confidence (especially on downhills).

All of the group took part in local races at Lappe, Kamview, Tapiola, and Sibley. Some also travelled to Marathon for the Ontario Championships, and to Duntroon for the Ontario Winter Games. The group also participated in the 24 Hour Relay as members of the Hammerheads and Snow Speeders teams, holding their own against many of the adult teams.

The 2002/2003 Racing Rabbits will begin meeting shortly after Lappe's Open House next September. Any aspiring Racing Rabbits are encouraged to remain active throughout the summer. Many of this year's group will be involved in mountain bike racing, soccer, the Kids of Steel Triathlon, and other events.

Athlete Rep. Report

Written from the Santa Claus Sports Institute
in Rovaniemi Finland

By Timo Puiras

The athletes from Lappe Nordic had a pretty good season this year. The women were especially impressive at the nationals with 3 skiers in the top 4 and 4 skiers in the top 10 in the classic race. These skiers being Tasha Betcherman, Becky Laakso, Jill Maepea, and Jodi Maepea. Unfortunately, due to cold weather, there was no relay and a couple of potential medals were lost because of it. On the mens side there were good performances by Werner Schwar, Riku Metsaranta, and Timo Puiras. Also, Shane Maley impressed a lot of people with a top ten finish at the nationals in the juvenile boys category.

All in all things at Lappe are looking good for next season with some good up and coming talent to go along with the experienced veterans.

Have a good summer and remember to train hard!

A SEASON IN REVIEW

This season was a challenge for many at Lappe. We had some major changes in the Board last year and many of us were engaging in 'on the job training' (Thanks Reijo for all your patience).

Our first event was the Sawdust Run. We had over 90 runners participating and organizers were slightly overwhelmed. The event went well and comments were positive. Live and learn.

An early season Continental Cup was planned for Thunder Bay but lack of snow caused it to be cancelled. This was unfortunate as many of our Lappe racers would have competed.

Lappe received snow in dribs and drabs throughout December. We'd get enough to hold the Boxing Day Classic. Mother Nature

with warmer temperatures making for pleasant racing. By now the timing crew were getting pretty good at producing timely and accurate results.

The next major local event was the LSSD Championships hosted by Big Thunder. Due to poor snow conditions at Kamview, these races were held at Lappe. After a great deal of gentle persuasion and friendly arm twisting, Lappe Nordic Ski Club won back the club championship. Thank you to all who participated in these races. It was a fun event.

The 23rd Annual Lappe Invitational was held in mid-February and again the weather cooperated. The senior men's champion was Will Fitzgerald and the senior women's champion was Jill Maepea. This event was sponsored by a number of local businesses. Please take the time to thank them for their generosity. They are ***Stride Orthopaedic & Footwear, Marostica Motors, Transimports, Bailey's Sea & Ski, Fresh Air Experience, and the Lappe Nordic Ski Club.***

As the season was coming to a close, the 24-Hour Relay loomed ahead. This event is a fun, season ending party/race/tour. Again the weather was great. Several records were set. Becky Laakso completed the event solo and set a new women's record of 252 km. Neety Panu and Juha Metsaranta broke the old couple's record by skiing 382 km. The NTDC also skied a total of 517 km beating the old record by 0.2 km.

This event is a fundraiser for both the NTDC and the local clubs. It has a lot of potential to raise \$\$\$\$\$. Next year we are planning to get a committee together early in the season and work with our major sponsor **MAROSTICA MOTORS** to have this event realize its' potential. Marostica Motors again provided the best part of the event by entertaining the weary skiers and providing a great breakfast. Working with these guys will be a lot of fun.

The final event of the season was the Run and Ski. Becky Laakso took the top spot for the women. In a tight race Werner Schwar beat out Riku Metsaranta by a metre to take the men's title. The Run & Ski is Lappe's season ending party. A BBQ was hosted by the club.

Several awards were given out . Shane Maley was awarded **Pauli's Award** for most improved skier. The Metsaranta Family took home the **DieHard Award**, given to a family or individual who contributes to the Ski Club, Ski Centre and who embraces cross country skiing. The **Bailey's race series awards** were also presented by Marko Keski-Pukkila of Bailey's. Todd Inkila, Becky Laakso, and Paul Inkila placed 1st, 2nd & 3rd respectively. Reijo also gave out the **Kilometre Board** prizes using the usual *elimination* technique.

A new award was presented this year, the **Sarah Crookham Award**. This award is in recognition of women's cross country skiing and is donated by Jason Crookham in memory of his late sister Sarah. Jill Maepea of Lappe Nordic was this year's recipient. Lappe Nordic Ski Club donated a beautiful glass plaque by artist Damon Dowbak. This will hang in the Ski Centre to record the recipients.

Although this season will be remembered for lack of snow, it was a lot of fun. I would like to take this opportunity to thank all who assisted the club this year. Anytime we asked for volunteers, club members responded. When we have many volunteers, everyone's load is greatly reduced. Please join us at the **Annual General Meeting scheduled on Monday, May 13 @ 7:00pm**. Comments, suggestions, volunteers call me 767-1860 or email at lizinkila@hotmail.com.

THANK YOU!

Liz Inkila

THE ONTARIO WINTER GAMES

The Ontario Winter Games were a great experience. We had a very dedicated group of young skiers representing Thunder Bay, who performed to the best of their abilities. We had first class accommodations and were treated very well. We had very amusing entertainment considering a couple of our skiers got hypnotized in a show. We found it extremely hard to stop laughing. But on a more serious note we had exposure to skiers across the province that we would not normally ski against. All the Lappe skiers who were comprised of myself, Logan Maley, Berit Dool, and Todd Inkila came away with respectable results. The competition was intimidating but we held our own quite nicely. I would like to thank all those people at Lappe who has helped us with this experience.

- Christina Groulx

Bailey's Wrap-up

The Wednesday night race series sponsored by **Bailey's Cycle, Sea & Ski** has gone through many changes over the past few seasons. This year 10 races were held over the season, with a different format for each race - classic, free, sprint, mass and individual starts, handicap distances, reverse pursuits, relays, we did it all.

The Bailey's series pits racers against others of similar ability. Our participants this year varied from national level NTDC racers, to masters age men and women, and young Racing Rabbits as young as 9. After being assigned to one of three or four racing groups, skiers would move up or down a group depending on results.

The points awarded for Wednesday night racing are always a mystery. This year racers were given 40 points for winning their group, 36 for 2nd, 34 for 3rd, and so on. For relays, bonus points were given for winning teams. For handicapped races, everyone was considered to be in the same *group*. The best nine results posted by each skier were used to determine the winner of the series.

The overall points lead changed several times during the year. Becky Laakso (senior), Luke Viljakainen (12), and Todd Inkila (11) all took a turn leading the field with Todd the eventual winner by a slim margin.

The top 8 skiers in the Bailey's series missed at most one race, proving that consistent participation is the key to doing well. If you have any suggestions for the series - race formats, points, other ideas - let us know.

Bailey's contributed draw prizes throughout the season, and a prize table for the final results. While at the store do let them know that you appreciate their continuing support of this event.

For Your Information

Website

www.lappenordic.ca

Club info line

623-2423

Snowphone and trail conditions

767-2423

Lappe Nordic is looking for a newsletter coordinator. If anyone is interested, call Liz @ 767-1860. Judi Vinni is looking for assistance in running the Jackrabbit program. Interested? Call Judi @ 933-4147

From "The Log": The Run and Ski

"The Log" is a series of annual journals, that started in the 1970's and has continued in various forms to the present day, in which are recorded the various daily "fitness" activities of mainly Marc Metsaranta. It appears to begin just before the advent of The Lappe Ski Center and thus includes all of his participations in competitive events that have taken place there. Marc Metsaranta has been credited with competing in all the Run and Ski events that have ever been held. The following consists of excerpts from "The Log" which tells a story of Marc's participation in this event.

1. Saturday, April 12, 1980. 18:24 (run time) + 24:15 (ski time, including boot exchange time) = 42:39. 13 participants. (Marc was invited to this event by Hannu Helin, a well known local skier long since moved back to Finland. Among the 13 were Reijo, Esko, Marc, Hannu Helin, Lauri Penttinen, Jari Pietila, Jukka Efraimson, Eepu Aksela?, Leevi Uusitalo?, Dean Levanen?, Jukka Aksela?...??? Most of these skiers were known as "Reipas" skiers in these days. Reijo probably has a complete record of the participants. Pauli Kaki, of course, was there as chief timer and all-around organizer. The whole event, as the story goes, was his invention. For those who have heard stories, this was the event that included the infamous "Puiras tablecloth incident", the Jukka lost and found after a long search "sleeping" in the back seat of the car incident, and the "Marc could not remember how he got home and made it to the Eino Gron colosium dance that night incident". It has been said that Lauri proposed to Kaisa sometime later that evening after the race??? All of this is not in "The Log", but conversations about this first one, or "the early ones", always leads to one or more of these, or other, stories).
2. Saturday, April 4, 1981. 22:38 + 23:06 = 45:44. 6th in run/12th of 21 overall. (3rd until "side-stitch" hit. "The Log" suggests that maybe this was due to the cheese and apple eaten 2 hours before the start. There was "deep" snow on road. A newspaper article reports that Tarja Ala-Korpi finished 16th. Women did not yet have their own class but were entering and doing the same distance as the men).
3. Saturday, April 17, 1982. 17:12 (run time) + 1:33 (boot exchange time) + 17:48 (ski time) = 36:33. 6th in run/14th overall. - very "slippery" road. (This was the first time that the boot exchange time was not included in the ski time. The 3rd annual Fresh Air 10k was held the next day, which Marc ran in a time of 35:24, 22nd overall, 3rd 30-39).
4. Saturday, April 9, 1983. 16:08 + 2:33 + 18:44 = 36:45. 4th in run (1 sec. from 3rd)/14th of 26 overall.
5. Saturday, April 7, 1984. 16:14 + 1:25 + 14:14 = 31:53. 4th in run/9th of 21 overall. - warm/swix red + rode silver klister okay (Classic was still the technique).
6. Saturday, April 6, 1985. 16:32 + 1:34 + 18:38 = 36:44. 11th of 24 overall. - road very soft, muddy with "icy" sections but the ski trails were excellent. ("The Log" says that Marc skated and noted NO WAX (kick that is) in capital letters).
7. Sunday, April 6, 1986. 15:56 + 1:17 + 20:53 = 38:06. 6th in run/14th of 27 over all. +3 am (The run and exchange times were PR's up to this time for the event).

8. Saturday, April 11, 1987. There was no snow at Lappe thus the Run and Ski had to be cancelled for the first time. "The Log" says that Leila and Marc skied for the last time that year Wednesday, April 1 on Surprise Lake checking-out the conditions for the Pohjanpiirtti race which too was cancelled. That last races held were on the March 14-15 weekend at Lappe, the then known as LSSD Age Group Championships and the Lappe Invitational. Although no "real" skiing had been done since March 22, "The Log" notes that the cancellation of the Run and Ski marked the "true end to X-S season".
9. Saturday, April 2, 1988. 17:26 + 1:05 + 22:41 = 41:12. 4th in run/ 9th overall -6 am sunny ("The Log" says that Marc "scaled-in" at 69 kg. on this morning, the same weight as 1987).
10. Saturday, April 8, 1989. 19:28 + 1:39 + 18:29 = 39:36. 2nd in run/4th overall. -11 am snowed overnight (This was the "best showing yet...", according to "The Log").
11. Sunday, April 1, 1990. 17:21 + 1:17 + 22:55 = 41:33. 4th in run/11th of 18 overall. +3 am light snow, rain, windy (Juha's participation is noted. Maybe this was the year the 13 and under group came into the event).
12. Saturday, April 6, 1991. 17:45 + 1:02 + 25:07 = 43:54. 5th in run/ 12th overall. 0 am "slushy"
13. Saturday, April 4, 1992. 18:11 + 1:09 + 16:50 = 36:10. 2nd 35+ 0 am fresh snow (The "older guys" were given their own age group, really an unnecessary move from the perspective of an enthusiastic event participant like Marc who had already been 35+ since the 1983 event).
14. Saturday, April 10, 1993. 18:55 + :51 + 14:34 = 34:29. 1st 35+ -4 am (By now, weight was noted to be around 75 kg).
15. Saturday, April 9, 1994. 2nd 35+ in run? + slowest change 35+? + 1st 35+ in ski? = 2nd 35+ +1 am rain and fog in town, light snow in Lappe. ("The Log" keeper appears to have become "lazy" (in more ways than one) from this year on. The wax log is great but it deals only with "boring" things like the weather, snow conditions, what skis and wax was used and with what "success". The wax log (yes!! another log, but that's another story!!??) was kept for every year too but lets not get into those details here).
16. Saturday, April 8, 1995. 19:34 + 1:00 + 16:21 = 36:55. 5th 35+ -6 am (Weight is now up to about 77 kg).
17. Saturday, April 6, 1996. The run time was 20:01. The wax log says that snow fell on and off during the first race and then the sun came out for the second one, the men's race. Marc chose the "wrong skis" or was hit by the infamous ski "suck" over which there is usually little control over in those conditions, especially for the skis in Marc's "arsenal". Not even any of the wax in his wax box would have made the skis any easier to ski on this day.
18. Saturday, April 12, 1997. 21:10 + 1: 44 + 21:23 = 44:17. 5th 35+ -10 am sunny
19. Saturday, March 28, 1998. 22:34 + 1:08 + 16:52 = 40:34. 6th 35+ +9
20. Saturday, April 3, 1999. 20:37 + 1:17 + 15:32 = 37:26. 5th 35+ -2 windy, "fast"
21. Saturday, April 1, 2000. There was no snow at Lappe thus the Run and Ski had to be cancelled for the second time in 21 years. A "Run and Darts" biathlon event was held to make the Kilometre Board and Bailey's Time Trial awards barbeque attractive.
22. Saturday, April 7, 2001. 16:28 + 2:08 + 21:42 = 40:18. 5th 35+ +2 rain, very windy
23. Saturday, April 6, 2002. 25:18 + 2:04 + 24:43 = 52:05. 6th 35+ +1 sunny

The running and skiing courses (usually about 5 km in distance for both run and ski for a total of 10 km) have changed throughout the years, depending on the road and snow conditions. The area near the Puiras "mailbox" more often than not has been the start for the run and the 2002 course to the "right" of the Ski Center was close to the usual run course. The run has gone to the "left" on the road only a few times or has been held on part of the ski trails on the snow when the road conditions have been deemed unsafe or unsuitable for running. At first there was only one category and then two, men's and women's, women's beginning in 1983?(a shorter 2.5 +2.5=5 km course), then 13 and under, 14-15, 35+, and teams of various kinds. The team event is not really in the true spirit of the event but it appears to have become acceptable. Everyone that has competed in this ski season ending event over the years probably has their own interesting stories to tell (or not tell). These are just some to give everyone background to this popular event

It seems like Marc's "Run and Skis" have been presented just as a long list of boring statistics but for him it has been a "GREAT RUN" most years and the "STREAK" is still alive. It appears to have been getting harder and harder for him to complete the event the last few years. Maybe next year, he will actually "train" again for this event, or maybe 2002 was the last one!!!! Never-the-less, Marc has other streaks ...the Sawdust Run, the 24 -Hour Relay, the 1191 days, and so on ... all stories in the "The Log". "The Log" tells all!! "The Log" in this way is like "The Kilometer Board"

ANNUAL GENERAL MEETING
AT THE LAPPE NORDIC SKI CENTRE
MONDAY, MAY 13, 2002 @ 7:00PM
EVERYONE IS WELCOME

Lappe Masters Group

For the second winter Lappe hosted a Masters Group on Tuesday evenings throughout the ski season. New additions this year were some of the junior races and racing rabbits joining in to work on their technique, and keep the 'old' people honest and laughing with their youthful exuberance. The masters group also held a few dryland sessions in October where Werner taught his 'style' of pole walking before the snow came. Hopefully he helped more than confused.

Again this year the focus of the group was to work on improving technique in a relaxed , unstructured atmosphere, both for beginners and master racers. Unfortunately, with the late start to the ski season the sessions did not begin until January. However, they did go right through to March with many nights of great skiing, and only a very few cold blustery nights. This year we could alternate each week with skating and classic skiing without being influenced by the weather. Hopefully, everyone left the year learning something, even if it was just Werner's constant drumming of ankle flexion, ankle flexion.

A big positive this year was the additional help from Jeff Moustgaard, Reijo Peltoniemi, and Brian Berry, who helped with instruction. By having these additional instructors we were able to split the group most nights into 3, thereby allowing more personal attention, and catering to the needs of each skill level. By all accounts this seemed to work well. Everyone does get tired of Werner drumming ankle flexion, ankle flexion all the time.

Thanks to Jim Groulx for organizing the paperwork for the Masters group, and thanks to Reijo for the use of the ski centre. It was truly great to see Lappe such a vibrant place on Tuesday nights, especially early in the season where it was the only place in the city to ski.

Look in the fall newsletter and the ski centre kilometre board for information on next year's Masters group. Don't be afraid to come out, whether you are a serious racer or rank beginner. We accommodate all ranges of abilities. Our focus is to have fun and at the same time improve technique and enjoy the sauna afterwards! Have a good summer.

In Appreciation

It's that time of year again. The snow's not long for this world, at least until next fall but there are about 20 or so masters skiers who would like to extend a sincere thank you to those coaches who gave up their time to work with them over the past winter.

To: Brian Berry, Jeff Moustgaard, Reijo Peltoniemi and Werner Schwar,

THANK YOU!