

Spring '07

Lappe Nordic Ski Club

Lappe Nordic Ski Club Report 2007

Relative to last year, Lappe Nordic has had a quiet year. We didn't receive good snow until mid January and as a result had to cancel the Distance Challenge. The 24 hour relay was also cancelled for the 2nd time in 5 years. With Nationals being so late this year, low snow levels, it was doomed from the start.

Lappe Jackrabbits had a good year despite the weather. We only had to cancel a few sessions. Even on the colder days, the groups were out braving the weather. For the second year in a row, we had large numbers in the bunny category. Perhaps the ever popular Werner as leader has something to do with this.

Lappe's Masters group met on Tuesday nights with Werner or Reijo Peltoniemi leading the group on technique. This is a great mix of beginners wanting to learn and experienced skiers improving their technique.

Fresh Air Series was able to get in 9 races. We had great participation on the night of the reverse pursuit with Chris Jeffries winning both races he was in town for. He wrote an article for CCC and wrote of our race series. Check it out at

<http://www.ccski.com/main.asp?cmd=doc&ID=4460&lan=0> Thank you to Fresh Air for their continued sponsorship of this series.

Another great story of this season is that of Robbi Weldon. Robbi with her guide Brian Berry traveled Europe as members of the National Para Olympic Ski Team. They had great results. Robbi is an inspiration to us all. Congratulations.

Lappe put a bid in for the 2008 World Junior Trials but unfortunately we were unsuccessful. The good news is Highlands Nordic will be hosting the event so the SOD occup will be a high level event. Lappe will be hosting the LSSD Ontario Cup in 2008. We are not certain of the date but we will be calling on our great volunteers to help out.

Thank you to everyone who helped out this year. It was a challenging year in many ways but rewarding just the same. We hope to see everyone out on the trails next season!!!

Let's hope for more snow for 2007/08.

Liz Inkila

AGM

The Annual General Meeting will be held on Saturday May 12, 2007 at 10:00 am. Hopefully this will encourage a great turn out. (The free BBQ to follow should help.) We have a healthy sized club and want to attract new&/or used members to the board. Please come out and get involved in our great club.

AWARDS

Congrats to everyone that competed in races this past season. You've done the club proud. A special note goes to those that won the following awards. The Die Hard Award went to that dedicated Lappe Ski Club member Brian Berry. The Sarah Crookham Award was given to Kara Jaspers for her commitment to cross country skiing. Kim Darosa was the recipient of the Most Improved Skier (quite an accomplishment for a first year skier!). The top three Fresh Air Series winners were Laura Inkila, Jeff Budner, and Kim Darosa. Well done.

The Nationals

The Canadian Ski Nationals were held at Mt. Ste. Anne, Quebec from March 16-25. As always Lappe sent a strong contingent of racers to put forth their best possible individual performances and earn points for the Club championship.

Mt. Ste Anne was fortunate to have plenty of snow which was supplemented by a 40 cm dump the day after we arrived at the Lappe condo. Needless to say trail conditions were excellent. The weather over the week was varied giving the competitors a chance to race in all types of snow, ranging from cold, dry powder to klister skiing.

Eleven Lappe skiers raced at the Nationals. Leading our results was veteran Tasha Betcherman in the Women's Open category. She had 3 podium finishes (2nd, 2nd, 3rd) and a 6th. Other skiers with top 15 placings were: Lindsay Inkila (Juv Girls) 5th, 6th, 15th; Todd Inkila (Jun Boys) 12th, 15th; Christina Groulx (Jun Girls) 9th; Michael Somppi (Jun Men) 9th. Christina and Tasha also teamed up for a 9th place finish in the Women's Open sprint relays, while Lindsay and Britt Bailey finish 11th in the Challenge Girls relay.

The Canadian Paranoctic Championships were held in conjunction with the Nationals. Lappe's Robbie Weldon won all three of her events with her visual guide Brian Berry.

For those of you who have never traveled with the Lappe race team, understand that 80% of the time is spent directly with race related activities: course familiarization, stretching, traveling to and from the race site, resting, waxing, packing skis, etc. Another 10% is for household chores: laundry, dishes, food prep, etc. That leaves only an hour or two a day for other things. While in Quebec the athletes toured a historic church in Ste Anne du Beaupre and visited old Quebec City. We also managed a recreational ski of 7K or so between our condo and the race site along a picturesque creek. For the coaches this was a welcomed bit of exercise.

The Canadian Ski Nationals are the highlight event for Lappe's race programs. Competition was stiff this year and our results were not as high as hoped. The racing team is already looking for improved performances at the 2008 Championships to be held at Callahan Valley, BC. It will be privilege to ski at this future site of the 2010 Olympics.

Athlete Report

Another ski season has come and gone, but not without many great memories made and feats accomplished by our Lappe athletes. Generally the Lappe Racing Team has made a tradition of following the Ontario Cup race circuit and sending those who qualify for the Ontario Team to compete at Nationals. Unfortunately, due to lack of snow, the first Ontario Cup event, scheduled to be held in Timmins, was cancelled. Thankfully, snow finally arrived in Ontario and Kamview Nordic Ski Club was able to successfully hold the second Ontario Cup. Lappe athletes had a good showing, earning numerous medals and starting off the season on a good note.

Most of the racing team went on to compete in the third Ontario Cup and Eastern Championships which took place in Gatineau, Quebec, as well as the fourth and final Ontario Cup held by next year's host club for the World Junior/U23 Championship Trials, which is located in Duntroon. Once again, the team did our club proud by earning several medals and competing at a high level in both events. As a result of our athletes hard work, the majority of our racing team went on to compete against Canada's best at the 2007 Ski Nationals held at Mont. St. Anne, Quebec.

While our younger Lappe contingent was busy training and racing in Ontario, Tasha Betcherman was busy racing everywhere imaginable. Tasha Betcherman, a member of the INDI 2010 Factory Team and Lappe Nordic club based skier, made everyone take notice in early season NorAm events by earning several medals and beating out National Team athletes. She went on to qualify for the 2007 World Championships and represented Canada in Sapporo, Japan during Feb. 22 – March 4 where she had a personal best 43rd place finish in the 30km Classic Mass Start event. As a part of the younger racing team at Lappe, it is incredibly inspiring to see a veteran Lappe athlete competing at the level of a World class athlete. I'm sure I am speaking on behalf of all our junior athletes in saying that Tasha has truly shown us that our dreams in skiing are not unrealistic, but on the other hand very reachable through hard work and dedication. Congratulations on a great season Tasha!

Newcomer, Robbi Weldon, started her ski career this year with more than impressive results. Robbi competes in the visually impaired category guided by an experienced Lappe racer, Brian Berry. During the early season, Robbi and Brian headed out west where Robbi took gold in both races during the opening Haywood NorAm event of the year. She continued to perform well by snatching a 3rd and 2nd

place at the following NorAm event. Robbi went on to qualify for the IPC World Cup event held at Mount Washington in early March. Though it may have been her first time competing on an international stage, she didn't show any signs of it. She finished 2nd in the 15km classic technique event behind Russia's Liubov Vasileva and placed 3rd in the sprint event.

To wrap up the season, the Lappe racing team met up with Tasha, Robbi and Brian to race



Canada's elite at the 2007 Ski Nationals. Tasha and Robbi wasted no time in finishing their season on a high note. Tasha Betcherman brought home a silver and bronze medal as well as finishing a strong 4th and 7th, while Robbi Weldon claimed gold in the Para Nordic Standing Women sprint event. The rest of the Lappe racing team followed suit with many great performances. Lindsay Inkila had the strongest showing at Nationals, placing 7th in the 5km free individual start race and 5th in the 7.5km free mass start race. Christina Groulx and Michael Somppi also managed to crack the top ten.

Overall, the 2006-07 ski season proved to be a memorable one. Personally, I made memories traveling to different places, made new friends, experienced new levels of the racing circuit in Canada, and I even honed my foosball skills by beating Todd and Sam multiple times at Nationals (our rental condo came with a foosball table... and I guess I might be exaggerating a little when I say "multiple"). With another season over, it's time to begin training for the next, so I'll see you on the trails. I've got to run, literally.

- Michael Somppi
Athlete Representative

Masters' Report

As has been the case since the inception of the Masters program several years ago, it was once again a great success. The instructional duo of Werner Schwar and Reijo Peltoniemi taught and analyzed various aspects of both the skate and classic techniques. Much time was spent working with each skier on an individual basis allowing a very personal approach to the experience. As usual they also fielded questions regarding wax, equipment, personal training and nutrition. The group included some newer to the sport or new to a particular technique and some very seasoned skiers who have skied competitively. It was mentioned that "this may be the best Masters program between here and Helsinki."

A special thanks goes out to Becky Puirus, Timo Puirus and Mark Thomas for their willingness to help out. For those who may wish to be part of this program or have questions about it, please contact Jim Groulx at 767-4332 or tarouk4@shaw.ca.

JACKRABBITS

The Jackrabbits could be seen every Sat. from Nov. to March skiing up the trails (when the snow finally came) or dry land training. Their sense of fun and enthusiasm was a sight to behold. We hope they have fond memories of their sessions. They also raced in a number of events at Lappe, Kamview, and even as far away as Temiskaming in mid-March where they brought home the Club Participation and Aggregate Award. Thank you to all the group leader for their time and instruction. Questions and comments can be answered by Paul Charrette (683-7200) or Ellen Mortfield (767-4968).

