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Volume 4, Issue 2

Lappe Nordic

Lappe Nordic Ski Club.....www.lappenordic.ca

Special Interest Articles:

- LAPPE TO HOST THE 2006 CANADIAN NATIONAL CROSS COUNTRY CHAMPIONSHIPS

- BECKY LAAKSO SELECTED FOR THE NATIONAL SKI TEAM

Photo of Becky at Oberstdorf World Cup Race

- LAPPE SKIERS MEET BECKIE SCOTT AT CENTENNIAL PARK, MEET AND GREET SESSION

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PRESIDENTS MESSAGE: LIZ INKILA

Another summer is almost behind us. I hope everyone had a safe and happy summer. The upcoming ski season should prove to be another exciting one at Lappe. The many events we will be hosting this year include the Sawdust Run, Fresh Air Series, Boxing Day Classic, Lappe Invitational, 24 Hour Relay, and the Run and Ski.

Our major event will be the L.S.S.D. Championships to be held in January or February. We are always looking for volunteers to assist with these events and with our Jackrabbit program. Please let me know if you are able to help. This can be a great opportunity for community volunteer hours for high school students.

Cross Country Canada has selected Lappe Nordic as the host of the 2006 Canadian National Cross Country Ski Championships. This exciting event will take place in February or March 2006, bringing 350 - 400 senior and junior athletes to Thunder Bay. Preliminary planning has begun. Our immediate

focus is the development of strong and supportive sponsors and volunteers. We will have a sign up sheet at the " Open House " for volunteers. Check out our bid on the website www.lappenordic.ca

Lappe Nordic Ski Club has been leading an initiative to investigate different purchase funding opportunities, and management options for the Ski Centre. A steering committee of community stakeholders has applied for funding to conduct a feasibility study. We expect a decision from the Trillium Foundation in October. Please consider becoming a part of this initiative, or helping in any way during this transition period. If you have any questions or concerns, please contact me at 767-1860 or lizinkila@hotmail.com

Enjoy what is left of the summer. Before we know it, there will be snow on the ground and we'll be out on the trails.

See you at the " Open House " on September 10,2004.



LAPPE JACKRABBIT PROGRAM : JUDY HALL

The Big Bunny Team is back for another season! Judi Vinni and Bill Day have kindly agreed to assist me with the Jackrabbit co-coordinator duties again. Does this mean

" Once a Big Bunny, always a Big Bunny?" We'll have to ask former " Big Bunnies" Mary Ellen Ripley and Helena Doherty.

During the ski season the Jackrabbit Leaders and I often analyze Lappe's presentation of Cross Country Canada's " Ski Development Program" a.k.a. " The Jackrabbit Program." We come up with

many ideas, some we actually try, and others we put on the shelf. We will continue to do our best to deliver a quality program in a simple and fun manner and we are always open to suggestions.

With the completion of our first season using the new program, it has become apparent to us that frequency of ski outings between Jackrabbit sessions is very important in program success and awards. This concept is not new to anyone trying to learn a new activity or improve skills. This year we will encourage our Jackrabbits to ski at least



*Sawdust Race,
Jackrabbit and Junior
Racers
Participate*



*" Lappe's Open House,
Sept 10, 2004 between
6:30 - 9:00 p.m. "*

Jackrabbit Program Cont...

once between Saturday sessions.

The Jackrabbit ski calendar is always a busy one. Our fun and active program begins with registration on Friday, September 10, 2004, at the " Open House " at Lappe Nordic Ski Centre, between 6:30 - 9:00 p.m.

If you can't attend the " Open House ", mail in registration is now possible. The enclosed registration form can be mailed with payment to Judy Hall, 229 Cadillac Circle, Thunder Bay, On P7G 2E3.

Program fees are \$ 40.00 and Jackrabbit trail passes are \$ 40.00 for a total of \$ 80.00 per child. The program fee for families with 3 or more children is \$90.00 plus Trail Fees.

Special Jackrabbit trail passes are not required for season pass holders.

Please make cheques payable to " Lappe Nordic Ski Club ." Our program will start on November 20, 2004 and continue until Mid March with 2 hour sessions every Saturday morning 11:00 a.m. - 1:00 p.m.

The Bunnyrabbit Program is aimed at children 5 years and younger, and the Jackrabbit Program is aimed at children 10 years and younger, and the Challenge level is aimed at youth 10 -13 years.

We also hope to put together a teen recreation ski group. We follow the Jackrabbit Program guidelines as prepared by Cross Country Canada with Ski groups lead by club and parent volunteers.

Speaking of Volunteers! I am hoping that our experienced Leaders will return again this season. We can always use more help on snow and especially with program events and tasks that are not on snow, such as arranging our parties and races, or perhaps even a mid-season snow festival (all fun ideas welcome!) Training for Leaders is available and a NCCP Level 1 coaching course is also held in Thunder Bay every fall. It will be a great winter of skiing on Lappe's snowy trails and warming up with a plate of fabulous Finn pancakes afterwards!

Jackrabbit questions, please contact Judy Hall 767-9638.

Ski Events



*Tara Redpath,
recipient of the
Sarah Crookham
Award*

Mark your calendar for the Sawdust Run,

Oct 02, 2004 at Lappe.

Ontario Cup 1 : Dec 29-30, 2004
L.S.S.D.

Check out the Lappe Website,

www.lappenordic.ca

Go to 2004-2005 Event Schedule and Results for the updated race schedules.

" Look forward to the Fresh Air Race Schedule for the upcoming season!"

Lappe Contacts:

www.lappenordic.ca

Lappe Hotline : 623-3735

Liz Inkila (President) : 767-1860

lizinkila@hotmail.com

Judy Hall (Jackrabbit Info)
: 767-9638

Jim Groulx (Masters Program)

Janice Groulx (Newsletter)
: 767-4332

jgroulx4@shaw.ca

Snow Phone and Trail Conditions
: 767-2423

Meeting Beckie Scott : KATHRYN HALL

Thursday June 10th was a day many will not forget. Why? Many young skiers of Lappe Nordic and Thunder Bay got to meet Beckie Scott, 2002 Salt Lake City Winter Olympics gold medalist.

Thursday morning everyone was gathered in the Centennial Park parking lot awaiting the arrival of the Inkila's red van, Beckie's ride to the park.

The moment we all were waiting for arrived only something was wrong. When everyone emptied out of the van... they were one person short! That person was Beckie Scott! As Liz explained the tale of going to the hotel and to the airport and realizing she was not there the fact settled in that this was not a joke.

After a few phone calls we learned that Beckie was at a different hotel and had missed her alarm clock.

Liz immediately sped off to the hotel. It was soon decided that we would go for our run/hike as planned even without her.

When Beckie arrived we went into the Chalet for a Question and Answer session, an autograph session, and a healthy snack of fruit and yogurt. We also were able to take photos, and talk to Beckie.

She had a great smile for everyone and was a very gracious guest. We all enjoyed that Special Day, and we will always remember meeting Beckie Scott.



Beckie Scott, Gold Olympian at Centennial Park with the Junior Racers and some Jackrabbits

Below, "Dragon Our Skis"

Dragon Our Skis : Lauren Stoot

Once again many of the Lappe Junior Racing Team participated in the 3rd annual Youth Dragon Boat race with fellow Big Thunder and Kamview athletes.

The weather was beautiful and allowed our team, "Dragon Our Skis" to paddle into second place. We enjoyed ourselves in and out of the boat playing several games of Frisbee and soccer.

We can't wait till next year to race again for a chance to paddle into first place!



Masters Program : Jim Groulx

The ski season is almost upon us, for the beginner as well as the seasoned skier, we have a class for you! The Masters teaches beginners as well as technique improvements for the experienced skier.

The Masters Program encourages a relaxed, but somewhat serious look at how to ski better for skiers of any ability level. Both classic and skate techniques are covered on a once a week basis.

Come out and give skiing a try! You'll be glad you did! For more information on the Masters Program please contact Jim Groulx at 767-4332 or jgroulx4@shaw.ca



Coaches Report : Marc Metsaranta

The 2004-2005 season is already into its fifth month. Athletes and their personal coaches have been meeting regularly several times a week for dry land training sessions throughout the summer months. Fitness and technical improvements have resulted in many personal bests being established in the traditional Lappe test.

On snow racing expectations are quite high. The racing schedules have been released. Travel plans will soon be made. The snow season will hopefully be here soon. Dry land training will continue throughout the fall, and onto snow when it falls.



Membership Representative : Helena Doherty

The executive of Lappe Nordic made the decision at the Annual General Meeting to establish a new position on the Board. I have agreed to take on the title of Membership Rep for the 2004-2005 ski season.

Since this is a new position, I anticipate that some of the duties attached to it will be defined as we go along.

I expect to act as a liaison between the membership of the club and the executive and to bring ideas and concerns to the attention of the board. Many people who at Lappe are not members of Lappe Nordic Ski Club,

however the benefits of membership are great, and I will encourage all skiers to join and to participate in club activities.

People with ideas for how Lappe Nordic can meet their needs as skiers are asked to contact me via email hmdohert@lakeheadu.ca or by phone 344- 9086.

I am looking forward to the " Open House " and on the trails.



"Wind up party for Junior Racers at Jeff Moustgaard's Home"

About our organization...Lappe Nordic

We support a very healthy lifestyle. We believe in keeping fit and having fun!

We encourage personal goals and the element of competition, to a degree with which you are comfortable. But best of all, the skiers, the coaches, and members make going " skiing at Lappe" a memorable experience.

Please enjoy a ski at Lappe and experience it for yourself! You won't be disappointed! Don't forget the sauna and the pancakes! It's all part of the " Lappe experience.

Consider Volunteering and making a

difference for athletes who have dedicated their time training and competing for an opportunity to represent Ontario, and / or Canada at a National Level.

" Good Luck " to Becky Laakso in her training, and we'll see you on the podium in 2010! You will always have Lappe's support ...we'll be cheering for you!

If you have any suggestions for the newsletter please contact Janice Groulx, Editor jgroulx4@shaw.ca or 767-4332. All comments welcome!

See you on the trails!



"Early registration form attached to back page of Newsletter..... Volunteer sign up sheet at Lappe"