

Lappe Nordic Newsletter September 2006

It's always surprising how quickly one season winds down and another gears up. Right now the sun is setting earlier, the nights are cooler and thank God the kids are going back to school. It also means it's time to sign ourselves and our families up for the programs that we take part in. To that end this newsletter will fill you in on the upcoming season at **Lappe Nordic**. As you know, this place never rests and there are always new developments in the works.

You probably already know that Reijo has **officially** retired from running Lappe and will not be holding court on a daily basis. If he feels his truck pulling a left at Dog Lake Road and Kam Current you'll be

likely to find him at the center BUT if the truck does not pull a left he'll have his feet up at his new place on the lake. I think we'll still be seeing a fair bit of him though, even if the center is in the capable hands of our friend Pauli.

Our club president, Liz Inkila also tried to retire but that only partly happened. Geoff Hall got her to stay on for another year so that she could show him the ropes for a season. Then he'll do the president duties and the club will have to find another treasurer. If anyone is interested, you have a year to think about it. We can always use new blood and brain power.

If you are the type that enjoys browsing the web

go to **lappenordic.ca** and check out the Forum that is up and running again. You can find and share information about training, waxing, skiing, etc. It's all up to the users what gets discussed. It's definitely worth checking out.

The Open House is coming up **very soon**. September 16, to be exact so mark it on your calendars and come on out. The upcoming season looks to be another exciting one; we hope to see you out enjoying Lappe. Right now, the 7.5 is mowed to perfection and has room for 4 abreast so gather your gang and come out for a pole walk, or a power walk, or a run, or walk your dog.

PRESIDENT'S MESSAGE Liz Inkila

As I write this newsletter article, I am being inspired about ski season watching my kids and a certain visitor being pulled around the lake in a couple of tubes. It is almost the end of August and the snow will be flying before we know it. The summer has been beautiful, however, I find myself looking forward to the ski season.

The 2006/2007 ski season should be somewhat quieter than last year with no major races being held at Lappe. A nice rest after a very hectic but rewarding season last year. Again, thank you to all who made the 2006 Ski Nationals such a 'wonderful' event. I hope everyone had a chance to catch some of the action and enjoy the accomplishments of the athletes.

Two new people were 'elected' to our executive at our AGM in May. Welcome to Joan Panizza, newsletter coordinator, Deb Mayotte, promotion and Lauren Stoot/Michael Somppi as athlete Reps. We all look forward to working with them. Also thank you to Helena Doherty and Berit Dool who have moved on to bigger and better things.

This year we have developed an Event Committee to organize our events. Please feel free to offer your services. We are trying to spread the load around and have as many people trained in the various areas of event management as possible. Everyone knows the old saying 'Many hands make light work' so please mention your interest to any of the following people as there are some holes that need filling.

Grant Hall	Chief of Everything	granthall@superiortrailers.com
Geoff Hall	Stadium/Course	geoffhall@tbaytel.net
Paul Inkila	Results/Course	inkila@confederationc.on.ca
Deb Mayotte/Cathy Schoales	Promotion	d_mayotte@hotmail.com
Joan Panizza	Registration	panizzaje@hotmail.com
Judy Hall	Awards	judyhall@shaw.ca

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 Saturday, September 16th. 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 Paul Charrette at 683-7200 or by email. pcharrett@lakeheadu.ca.



If you would like to get involved as a volunteer, you may also contact Paul 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!

Training Days

Pauli Kaki has taken on the sole responsibility of Head Coach of the Lappe Club Racers with Marc Metaranta acting as the Team Manager. Summer training kicked off June 9, 10, & 11 with the Training Camp held at Lappe. The highlight of June 9 was the pot-luck social where all the racers got together for some good food and a few laughs. Saturday and Sunday included hard workouts of a 5 Km time trial followed by a game of Ultimate Frisbee, a ski walking technique lesson, strength work, a ski walk through the swamp in rubber boots, followed by sprint orienteering. Two days of this for mere mortals might prove to be too much but

our racers gobble this stuff up and ask for more. Over the summer each athlete worked under the direction of a personal coach who planned their weekly schedules. Pauli brought the group together each Wednesday and Saturday for strength training and hard workouts. There were 4 time trials put into the mix; the Tapiola 3000, a 3 Km uphill, a 5 Km and a 15 Km. Tired yet? Add Inkila's Triathlon on July 29. In its 2nd year, the turn out was good with racers from Juveniles to Juniors, some Seniors, youngsters, and even a few brave parents. With a work ethic like this it's no wonder that our racers do so well.

Our Alaskan Adventure

This summer, Todd Inkila, Michael Somppi and I were given the opportunity to join the Ontario Ski Team and travel with the group to Eagle Glacier in Alaska. It was a ten day event that was held on August 11-21 which was a great way to end our summer vacation. All three of us could hardly wait to go skiing and what made it even more exciting was we were able to ski during the summer. This was actually a funny concept



because while most people head south in the winter we were heading north in the summer. Some people will just never understand us!

Our adventure began on Friday at the airport where there were zero coaches and five young athletes who had to find their way to Alaska in one piece. It was a little nerve racking but exciting nonetheless and we were able to prove to our parents how independent we truly are. After a near 6 hour flight we finally arrived in Anchorage Alaska, which to our dismay, was covered in thick clouds.

We met up with the others and taxied it to the Alaska Pacific University (APU) where we stayed in

residential houses. It was there that we were told we would be going up to the glacier a day early (Saturday). Everyone was excited and raring to go until we found out that one of the athletes was stuck in Vancouver. This meant that we would not be going up early but we were still in good spirits because we were heading up to the glacier soon.

On Sunday morning, at 8:00am, we all sat at the kitchen table waiting for a phone call to find out if we would be going up to the glacier that day. We were all on edge and eager to go but the weather was not favourable and we had to wait until noon to see if we could go up later that day. At noon we waited for that phone call and once again it was a no go, therefore, we were not going up that day. Everyone was disappointed but there was nothing anyone could do. After we had done our workout we received a call saying that we were going to be shipped up the glacier that night so we packed up our things and got dressed into our winter and ski clothes. The only problem was that the university was 45 minutes away from the helicopter pad and by the time the vehicle reached the hanger the clouds had moved back in and we were sent back to the houses to unpack all our things. This ritual became a daily event for us because time after time we were denied our way up to the glacier.

Finally, on Thursday morning, after all our waiting and emotional highs and lows, we got our helicopter ride up to the glacier. It was an incredible ride up and everything seemed real now. Everyone was anxious to go out skiing and when we finally did it was amazing. From Thursday to Sunday we were able to ski twice a day – once in the morning around 7:00 and once in the afternoon around 3:00. The skiing was excellent. They would groom the trails for us every time we decided to go for a ski and they would even make us jumps on some of the hills. We had a choice between a 5km loop and a 9km loop so there were plenty of trails to ski on. Also, our accommodations up there were awesome and included a television with a DVD and VCR player, a sauna, yoga classes and a chef.

The hike off the glacier was a lot of fun, especially when we were allowed to slide down the mountain on our butts. Boy did you pick up speed!! It was sad to be leaving Alaska but it was time to head back home. It was a great learning experience and I now know to wear padding on my rear end for the hikes down the mountains.

Check out the pics under photo gallery on the Lappe web site. Alaska was really **cool!**

Christina Groulx

Trail Maintenance

The trail maintenance has been simplified immensely this year due to the purchase of an Arctic Cat quad runner and a tow behind brush cutter. The unit cuts a 42 in. swath, cutting grass and brush up to 1 ½ inches thick. Much of the system has been mown throughout the year, and pole walking has been excellent.

Currently the 7.5 K trail is in excellent condition, and passes have been made in the swamp, Papa's loop, Massero's

and Humpty Dumpty, preparing them for the fall. A little widening will be done with the old brush saw method and a few trees remain to be removed. Many thanks to those volunteering to spend the time on the trail maintenance, special mention to PK and MH.

Come out and walk the trails, prepare yourself for another season of excellent skiing.

Grant

Masters Program

Jim Groulx has agreed to co-ordinate the Masters' Program for its 6th year yet again. Any "older athlete" who wishes to fine tune their technique or learn technique period is encouraged to take part

in this fun program. Lessons generally alternate weekly between classic and skate style skiing. 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 from 7 to 9 pm and the program will begin when Lappe gets its first good snow. So keep your eye on **lappenordic.ca** to find out exactly when that will be. Better yet contact Jim at 767-4332/Jgroulx4@shaw.ca.

Welcome To...

A. A new Juvenile Girl has joined the ranks via Brooke Latimer. Brooke spotted her at a race and quickly recruited the young lady to Lappe. A big welcome to Kim Darosa, who has been working under the guidance of Jim Groulx. A girl that toughs out the June Training Camp and continues on through the summer deserves our support. So when you see this new face at the local race scene make sure to say hello and welcome to Lappe.

B. Michael Somppi is the new Athlete's Representative on the Boar this year. Any athletes that have items that they want to share with the can contact Mike.

C. Deb Mayotte is new to the Board this year as a Member At Large. She has also stepped forward to assist the Events Committee in running races, specifically in promotions. If you would like to offer your services to Deb contact her at 767-0174.

Of Note...

1. From May's AGM the following items will be of interest to club members

President	Liz Inkila
Vice President	Grant Hall
Treasurer	Geoff Hall
Secretary	Werner Schwar
LSSD Representative	Marc Metsaranta
Membership Coordinator	Vacant
At Large	Loretta Maepea, Cathy Schoales, Derek Dool, Joan Panizza, Deb Mayotte

2. As noted in Liz's message and Events Committee has been formed to facilitate the races throughout the season. If you would like to offer your services or know a student that needs some volunteer hours and likes the excitement of a race let one of the members know and they will be sure to take you on it.

3. Are you a child? Do you know a child that is too old for Jackrabbits but not quite old enough to be a Lappe Racer? Dave Stoot has kindly offered his time to

help develop some of our “betweens”. They meet more than once per week and work on fitness and ski technique. Interested? Call Dave at 767-8585.

4. Check out **lappenordic.ca** for the upcoming race schedule. Our first event of the 2006-2007 season is the Sawdust Run on September 16. You can find all the other races on our site as well.

Open House

The Open House for Lappe will be September 16, 2006. Mark it on your calendar and come on out to check out the trails (they're in great shape). It's also the day of the Sawdust Run. You just might win a prize if you take part and in any event you'll get to enjoy a smokey on a bun. You can also register your kids for Jackrabbits, register yourself for Lappe Ski Club, and register for your yearly membership at the Ski Center. Check **lappenordic.ca** for further details.