



Lappe Nordic Ski Club
35 Prospect Avenue
Thunder Bay ON P7A 5K9

Spring 2008

Some Presidential Thoughts – Werner Schwar

It is hard to believe the ski season is already finished for most. Those diehards among us will be skiing until the last meter disappears, whenever that may be this year.

It has been an interesting year as my first as President. On the skiing side I think most would agree we were blessed with great ski conditions from the end of November to mid April, a welcome treat from last years short season.

In addition to the great ski conditions the Club hosted a number of great ski events over the entire winter. I would like to thank our Event Organizing Committee for all the hard work they do in putting on events. In particular this year, the Club hosted the Ontario Cup and the LSSD Championships. Both events were well attended and were run super well. Compliments from out of town visitors were glowing and the "Lappe Standard" has been raised again. As a selfish ski racer myself I cannot say enough about how lucky I feel to belong to a Club that puts on such great events.



*Werner Schwar
2008 Nationals @ Callaghan Valley*

In the Club's Racing Program there have been some significant changes. After many years as Club Coaches Pauli Kaki, Marc Metsaranta and Jim Groulx have stepped down from this position; I would like to thank them for their many years of service. The Club was fortunate to have Jim Bailey and Paul Inkila step in and take over the Coaching duties and a big thank you to them for taking this on. In addition the Board has worked hard this year to develop both athlete and coaches Code of Conduct documents.

Finally I would like to thank all Executive Board members for this past year; they have made my first year as President easier. It was the Executive that did all of the work and most of the time I was the Ceremonial Figure Head. Please thank these people personally when you see them for the tireless commitment to the Club and skiing.

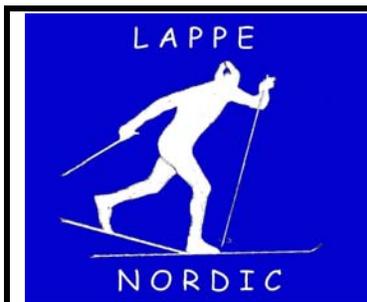
Important Dates

Upcoming Bingos

Tues, June 3
@ Auditorium

Lappe Nordic AGM

Tues, June 10 @ 7pm
Lappe Ski Center



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Masters Group – Werner Schwar

The Masters Group saw some new faces this year both in administration and participants. Jim Groulx, after many years of organizing the sessions, has stepped down and I have now assumed the role. Many thanks to Jim for getting this program going originally and looking after it so well.

With taking on the organizing role, I was no longer able to give instruction as well, but we were fortunate to be able to welcome Mark Thomas as an instructor. A big thank-you to both Mark and fellow long time instructor Reijo Peltoniemi for again agreeing to help people improve their skiing skills from December to March.

There were an average of 8-12 people involved in the program this year, who had to brave many -20C sessions, but were always keen and enthusiastic. For the most part this year we were blessed by very good conditions allowing both ski techniques to be worked on equally.

As always, the Masters Group is available to all Club members for a great low fee and the emphasis is on learning better technique in a friendly group atmosphere, no matter what level you are at. Everyone is welcome and the instructors try to cater to all levels from beginner to more advanced skiers as we can ALL use some "tuning up".

Watch for further details on the 2008/09 Masters Group in the September 2008 Newsletter or visit www.LappeNordic.ca

Athletes Report – Katherine Hall

The 2007-2008 race season was busy for the Lappe Nordic Junior Race Team. This season, unlike last, we were hit with a good amount of snow early in the season which allowed us to begin our on-snow training in late November/early December.

This helped us prepare for our first big race of the year, the World Junior Trials/Ontario Cup 1, held at Highlands Nordic in Duntroon, Ontario, January 3-6, 08. We returned home for the next weekend of racing at the Ontario Cup 2/OUA qualifiers. Lappe Nordic hosted this event with great success. This brought many members of the race team to six races in eleven days. We also traveled to the Eastern Canadian Championships/Ontario Cup 3 held at Nakkertok Nordic Centre, just across the



*Katherine Hall
Ontario Cup #3 @ Nakkertok*



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Ontario/Quebec border in Gatineau, Quebec. This was a successful weekend for us and we left happy with our results. The last Ontario Cup was held at Laurentian Nordic in Sudbury. A small contingent of athletes went down to this last weekend of racing.

This season we also had two members of the race team, Lauren Stoot and Katherine Hall, racing as members of the Lakehead University Nordic Ski Team. They traveled to the OUA Championships in early February where Lakehead U came out on top again, winning both the Men's and Women's titles.

Of course the best way to end off a good race season was to travel to Whistler, BC for the National Championships. We spent ten days in Whistler, racing at Callaghan Valley, the site of the 2010 Olympic trails. Skiing on the Olympic trails was a great experience; they were groomed perfectly and provided five days of great racing alongside World Cup Champions and Olympic Champions from more than 12 countries. We trained hard last summer, and it paid off as the team had a successful season on the Ontario Cup Circuit, as well as at the National Championships.

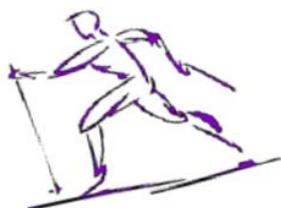
I'd like to thank our coaches, families, the Club and everyone else who supported us this year and helped make the season so great. We are now getting out our running shoes and bikes as we switch into dryland training mode. The 2008/2009 training season will be starting in the beginning of May and I would like to encourage and welcome anyone who is interested in joining us on the trails!

New Lappe Warm-Up And Race Suit(s) Order – Katherine Hall

For all interested Lappe Nordic Club members, we are looking into getting new Club warm-up suits and race suits. We are planning to order them from Podiumwear (the same brand that Team Indi2010 wears). The price will depend on the size of the order we put in and our design is yet to be finalized. This is just a heads up - if anyone is interested and would like more information please feel free to contact me at kehall@lakeheadu.ca.



*Lindsay Inkila in Lappe's
Current Race Suit
Ontario Cup #3 @ Nakkertok*





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Lappe Biathlon – Becky Puirus

The Lappe Biathlon Club had a successful season of racing in its first year of existence. Alison Bortolon brought home two medals from the Ontario Winter Games, and several medals were also won at the Manitoba Championships. Dorothy Brandt and Becky Puiras, along with coach Timo Tikka, tested out the phenomenal trails at the 2010 Olympic venue in Callaghan Valley, BC with, both competing in their first biathlon nationals in many years.



*Alison Bortolon and coach Timo Tikka
Falcon Lake, Manitoba*

Summer training has begun at the range on Pento Road, meeting at 2 pm Sundays at the gate. All are welcome to the Open House at the range on June 1st, from 2-4 pm. The club AGM will take place that evening at 6 pm at the Lappe Ski Centre. Our new website, found at www.skiandshoot.com will be up and running soon, so stay tuned for updates.

If you have any questions, please don't hesitate to contact us via at lappebiathlon@gmail.com



At The Range



*Dorothy Brandt
Falcon Lake, Manitoba*



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Coaches Report – Paul Inkila

The 07/08 ski season was one of ups and downs for the Lappe Racing Team, as it usually is during a long winter.

The Club abandoned obsolete and divisive practices and emphasized **teamwork** amongst our juniors. If you read athlete journals of Canada's most successful skiers, they commonly identify a team atmosphere as a critical component of their achievements.

At Lappe, the current Junior Racing Team has developed a sense of responsibility in assisting others on the Team and encouraging each other. All athletes are encouraged to "give back" to the Club however they can. Coaches shared waxing information this season! Athletes shared skis, when start time permitted, that were found to be particularly. The bottom line is that our racers were able to focus on their own racing performance, and not worry about being treated inequitably.



*Paul Inkila
Ontario Cup #2 @ Lappe*

As for results....the Canadian National Championships are always the focus of the Racing Team. The Nationals were held March 16-23 at Callaghan Valley in BC – site of the 2010 Olympics. In the aggregate Club standings Lappe athletes improved to 11th place in 2008, up from our 12th in 2007. This was achieved despite fewer athletes, and including a number of rookies on the trip - and, the ski conditions at Callaghan Valley were not exactly Lappe-like. I learned more about klister and hairies during the week than the last 10 years at home.

At the Nationals:

- Robbi Weldon and her guide Brian Berry had multiple gold medal finishes in the Para Nordic category to lead the way for Lappe.
- Tasha Betcherman was our top performing senior with a bronze in the Women's Classic – and she appears to still be a contender for a spot on Canada's 2010 Olympic Team.
- Todd Inkila again peaked at the Nationals with a top Ontario male result. His best effort was a 4th amongst Canadians in the Classic 10K.
- Mike Somppi was 5th best Canadian in the Junior Men's sprints.
- Britt Bailey pulled up her socks in the final two Junior Girls races with 7th place results.
- Our Juveniles struggled. Whether it was recovering from illness, the excitement of a large ski event, or the wear of travel, there is room for much improvement in their performance next year.



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There were numerous other highlights to our ski season:

- In the Ontario Cup series Lindsay Inkila scored a perfect 500 points qualifying for the Ontario Development Team.
- Half of the Lappe Junior racers qualified for the Ontario Development Team, most of whom will also qualify for the Ontario Ski Team.
- The Team's parent volunteers have become very proficient and craftsmanlike in preparing skis for racing. Most cannot say a sentence in the wax room without the words "Speed Blue".
- Lappe qualified several young skiers for the Ontario Winter Games, some of whom may step up to the Racing Team next year.
- Race organization expertise at Lappe continues to be second to none in the country. Rod Somppi has become nationally recognized as a timing guru. Check the website and you'll see more than 2 dozen events organized and run by our volunteers this year. You just don't realize how good the Event Team is, until you travel to attend events elsewhere.

After a very brief rest period in April many of our juniors are already preparing for the upcoming mountain bike and track season. We'll be starting up fitness sessions in May, so stay tuned to the website (www.LappeNordic.ca) for further details.

Lappe's Marathons – Paul Inkila

Although Lappe does not have a Loppet on its event docket, there are two marathon events contested each year:

The Rollin' Thunder 24 Hours of Lappe is one of the longest ski events anywhere. The event began in 1997 after a solo exhibition by former NTDC coach Pekka Kemppe and is now predominantly a team-based event, but in most years the event continues to attract solo participants. Top distance honors for the 2008 version of the event came down to two four man teams: a group of young bucks from Big Thunder and a more experienced team from Lappe. Somewhere around 5am, Lappe experience began to show and the team of Werner Schwar, Brian Berry, Todd & Paul Inkila pulled ahead – final tally was 467.4km. The best solo performance was put in by Kelly Henry, whose 265.0 km was an agonizing 900 meters shy of the event's female solo record. No doubt Kelly would have beat the record were it not for a mini blizzard during the final two hours of the event.



***Kelly Henry
24 Hours Of Lappe***

The Fresh Air Experience Wednesday Night Race Series is a season long marathon of shorter races - usually there are 15 or so scheduled races on Wednesday nights. Cold temperatures



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limited us to 10 races in 07/08 with each skier's best 8 results counting towards the Series Championship. For the first time, two skiers tied for top spot in points and the tie was broken based on most events skied. Jeff Budner's perfect participation rate (10 out of 10) won him 1st place and a pair of Rex Wizard poles; last year's champ Laura Inkila was 2nd; Lindsay Inkila, Tessa Schwar and Kelly Henry rounded out the top 5. A special thank you to **Fresh Air Experience** for their continued sponsorship of this Thunder Bay tradition!

Jackrabbits – Paul Charette

The winter of 2007-08 proved to be an excellent season for our Jackrabbit skiers and families.

We ended up with over 40 eager Jackrabbits, with several new families coming out this year. Fortunately we also had an enthusiastic group of leaders. Many thanks to all the Leaders who volunteered to take on the challenge and fun of coaching, Judi Vinni, Fiona McKenna, Kyle Palmer-Charrette, Werner Schwar, Darrell & Susan Hay, Jodi Hall and Berit Dool. We were also very pleased to have so many keen and able assistant leaders, Hanna Wainio, Jonathon Day, Brian Campbell, Elaine Lynch, and Travis Comeau.



Jackrabbits Christmas Party

Some notable achievements this season included the successful running of the 'Jackrabbit Café' during the Ontario Cup races at Lappe, which successfully raised funds for Jackrabbit supplies. We were also excited about the excellent participation in races and special events. There was amazing Jackrabbit representation at the LSSD championships held at Lappe and at the Kamview Sprint and Games event. Thanks to Grant Hall and his new fire pit, the bonfire events were great fun. Fun was also had at all hours of the day and night by the Jackrabbits, leaders and parents that took part in the Jackrabbit 24 hour relay team. We were all proud of the Lappe Jackrabbits that qualified for and participated in the Ontario Winter Games, which were held in Duntroon, ON (outside Collingwood Ontario).



Jackrabbits @ Run & Ski

With so many enthusiastic little skiers, families and leaders we are sure to have many more great Jackrabbit seasons at Lappe. Next season Fiona McKenna will be taking on the role of 'Big Bunny', coordinating the Lappe Jackrabbit program and I know she is looking forward to having even more fun next season. If you have any questions or comments about the Jackrabbit programs feel free to contact Fiona (933-4716). On behalf of Fiona and myself we look forward to seeing you back at Lappe next season.



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Smile – You're On Lappe Camera



*Lappe Ladies
24 Hour Lappe Relay*



*Paul Inkila
Lappe Run & Ski*



*Rachel Stoot
Lappe 24 Hour Relay*



*Lappe M & M
Track Attack*



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Smile – You're On Lappe Camera



*Laura Inkila
Ontario Cup #2 @ Lappe*



*Petri Bailey
Ontario Cup #3 @ Nakkertok*



*The Junior Racing Team Enjoying Dinner
Ontario Cup #1 @ Duntroon*



*Lauren Stoot
Ontario Cup #2 @ Lappe*



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Smile – You're On Lappe Camera



*Britt Bailey & Lindsay Inkila
Wednesday Night Races*



*Evan Palmer-Charette & Jeff Budner
Tagging Off @ 24 Hour Relay*



*Kimberly Darosa
Ontario Cup #2 @ Lappe*



*Todd Inkila & Katherine Hall Face Off In Guitar Hero
Ontario Cup #1 @ Duntroon*