



For Immediate Release
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Lake Superior Nordic Association to host Ontario Cup #2

(Thunder Bay, Ontario) Local organizers are thrilled to be hosting another high caliber racing event at the beautiful Lappe Ski Center, located 20 kilometers west of Thunder Bay. After the highly successful Haywood Ski Nationals in March 2018, where over 500 athletes participated in the week-long championship, Lake Superior Nordic Association (LSNA) is now set to host Ontario Cup #2 and Canada Winter Games Trials January 4-6th, 2019.

Athletes will travel from across Ontario and Manitoba to participate in the three day event. Cross Country Ontario has planned six race events across the province in the Ontario Cup 2018-19 Series. The second Ontario Cup will also be an opportunity for athletes to earn a spot on the provincial team for the Canada Winter Games to be held in Red Deer Alberta in late February. Events will include sprint and distance free technique (skate) and classic events for all racing categories from pee wee through to masters age groups. Fortunate to have good early season snow and dedicated volunteers, local athletes have already been training on the challenging Lappe trails for several weeks. Despite low snowfalls to date, organizers are confident the course will be in top form for a weekend of high caliber Nordic ski events.

Thunder Bay has a vibrant cross country ski community as shown by the many successful Nordic athletes who have emerged from the Lappe Nordic and Big Thunder Nordic Ski Clubs. The community is also home to the National Team Development Center, under the guidance of Head Coach Timo Puiras, and the successful Lakehead University Varsity Ski Team, led by Adam Kates. High level racing opportunities play a key role in the development of the sport and provide valuable experiences for young athletes. As a northern community, amateur sports such as cross country skiing are essential to the overall health and future of the region. Many hours are spent behind the scenes to ensure high quality race events run smoothly and the enthusiasm for the sport is easy to see in the dedication of long time race organizers and volunteers.



Spectators are welcome to come out and cheer on the athletes in this thrilling series of races running Friday, Saturday and Sunday, Jan 4th to 6th. As an added bonus, Lappe's famous Finnish pancakes will be available upstairs in the chalet during the event. Volunteers are always welcome. More information and the race schedule can be found on the Lappe Nordic website, www.lappenordic.ca, scroll to the LSSD tab.

Lake Superior Nordic Association, a partnership between the Lappe Nordic Ski Club and Big Thunder Nordic Ski Club, was created to bid for and host provincial and national level cross country ski races and to promote interest and participation in cross country skiing in the Thunder Bay area.



Photo credit: www.fasterskier.com

Photo caption: Senior Men's distance race at Haywood Ski Nationals, Lappe Nordic Center, March 2018.

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