



The Inside Track

A Newsletter for Members of Porcupine Ski Runners

Fall Issue

October, 2007

PORCUPINE SKI RUNNERS

ANNUAL GENERAL MEETING

October 28, 2007 7:00 P.M.

South Porcupine Legion

All members are invited to attend

A pre-meeting spaghetti dinner will be served for the small fee of \$6.00 per person. Dinner is served between 4 P.M. and 6 P.M.

If you plan to be there for the dinner, please advise Diane Luhta by Friday, October 25. Telephone 235-8048 or luhta@ntl.sympatico.ca

December 2, 2007

Mark the date on your calendar and plan to drop in at the Chalet.

- ◆ Open House
- ◆ Ski Swap / Sale
- ◆ Ski Waxing Service
- ◆ Jackrabbit Registration
- ◆ Membership Renewals and New Members

VAP

VAP means "Volunteer Appreciation Party". We like to recognize our volunteers at the time of our AGM so we'd especially like to see our volunteers on that evening. Without our volunteers the club would be a very different organization and membership fees would be considerably higher.

If you helped with brushcutting, trail grooming, Jackrabbits, racing teams, the Loppet, lessons, coaching, fund-raising, Nordic Centre Project, piling wood or any other event or club activity please come and join us for the evening.

Dinner is from 4 to 6 pm and the meeting will follow at 7 pm.

Please RSVP - Diane 235-8048 or luhta@ntl.sympatico.ca by Friday, October 25.

Job Opening for a volunteer

- ✓ Track setting of Cross Country ski trails
- ✓ Experienced skier preferred but not required
- ✓ Experience with Snowmobiles and servicing of unit.
- ✓ Hours of work: early mornings or late evenings.
- ✓ Dates to be determined by the weatherman, "when it snows" Dec. 01/07 to April 10/08

Please call Gerry 264-6939 and leave a message or information.



Nordic Centre Project

- construction is delayed until 2008
- chalet will be named

Xstrata Copper Chalet

It would be great news if we could be telling you about the official opening of our new chalet. But that will have to wait a bit longer. Well maybe a year is a not a "bit" but considering how long we have been working on the planning, I guess we can wait even longer.

The problem is that Timmins' very active economy caused the engineering work for our project to be delayed. This, in turn, caused the start date for construction to be set later and later. In August the Nordic Centre Project committee met to evaluate our options. Our apprehension was that the construction would not be completed before the start of the ski season. Since we judged that to be unacceptable, we decided to postpone the start of

construction until the summer of 2008.

That's not all bad news, however, because it allows us time to do more planning and fund-raising. As we get more funding, we will be able to do more. For example, build the complete kitchen. Yes, we have been quite successful with our fund-raising efforts and we appreciate the response from all the donors. But costs are high and we have not yet achieved a balanced budget for all the things we want to do in this project.

We thank our members for their continued support and we are asking that you stick with us and continue to help secure funding.

We've included a list of member donors at the end of this newsletter.

Major Donors

Northern Ontario Heritage Fund Corporation	\$250,000
Porcupine Ski Runners Club & member donations	\$157,467
Get-On-Track Auction	\$107,000
City of Timmins	\$130,000
Rural Economic Development	\$ 95,858
Schumacher Foundation	\$ 57,300
Xstrata Copper	\$ 50,000
FedNor	\$ 43,100
Porcupine Joint Venture	\$ 10,000
Girones & Associates	\$ 5,000
club Richelieu	\$ 5,000

Purchase a Locker @ \$200

- ✓ This is a fundraising idea to assist with the cost of constructing about 200 new lockers in the new chalet. It is open to anyone - whether you rent a locker or not.
- ✓ No, it does not replace the locker rental fee. It is a donation and you will receive a tax credit receipt for your contribution.
- ✓ Your cheque for this donation should be made out to: City of Timmins / PSR. The City will provide the receipt on our behalf.
- ✓ We will attach a plaque with your name to one of the new lockers in recognition of the donation.

Locker Renewal

Please renew locker rentals along with your membership application by:

December 2, 2007

**If you do not plan to renew your rental, please let me know because we have a waiting list. Call Gerry: 264-9093
email: gmcnair@ntl.sympatico.ca**

MEMBERSHIP

Consider this your invitation to renew your membership in Porcupine Ski Runners. It won't be long before the snow comes and skiing returns to our trails. Most of the pre-season work that goes into getting trails, equipment and facilities ready is completed - thanks again to many volunteers.

Please complete the application form carefully and enter all the requested information including your signature at the bottom of the form. If the basic data, from last season's record, is pasted on the form, please update any incorrect, changed or new information.

There is no change in membership fees this year. We try to keep fees as low as possible and over the years we have been quite successful at that. The registration fee that we pay to Cross Country Ontario has increased on a planned schedule of increments. This

registration fee includes a cost for insurance that we are able to get from the parent organization.

We tried returning to the practice of issuing membership buttons last year. But getting them distributed is a problem and the method we tried last year was not successful. Mailing them requires considerable packaging which is costly.

We'll be using membership cards again this year.

Porcupine Ski Runners is now a *Cross Country Ski & Snowshoe Club*. Of course, that means that we now have snowshoe trails. If you have a membership to ski, then you may use the snowshoe trails without additional cost. Or, you may join as a snowshoe only member at a lesser cost by submitting the same application form and indicating this choice. Please remember to pass on this information to any person who you think might be interested in snowshoeing

We continue to ask for donations because we are well on our way to

making the Nordic Centre Project a reality. Cash donations of at least \$50 are eligible for a tax credit receipt. To get such a receipt your cheque must be made payable to: City of Timmins / PSR. Please consider supporting this project - especially if you have not already donated.

JACKRABBIT PROGRAM

The Jackrabbit program is a national program run under the guidance of Cross Country Canada. Its aim is to teach children to ski in a fun and controlled environment. The children are encouraged to better themselves and are rewarded for their progress with achievement badges.

The program is open to all members of the club between the ages five and twelve. Registration will be held at the chalet on Sunday, December 2nd between 10:00 A.M. and 4:00 P.M. The registration fee is \$30.00 per child, which is separate from the membership cost. The

Jackrabbit fee goes to cover costs of learning material and snacks, as well as the end of the year celebration. Note that this fee should be paid along with the membership fee.

Sessions will begin on Sunday, January 13, 2008 at 1:30 P.M. Each session lasts until 2:45 P.M. We are planning to have the sessions end on March 23rd with a party on the following weekend, depending on weather.

Each year we look to recruit new leaders and assistants and this year is no different. Please consider helping out and give us a call. Cheryl Allard and Kelleigh Manseau have volunteered to organize the program. For additional information or to offer assistance you may contact Kelleigh Manseau (235-4095) or liter8ture@ntl.sympatico.ca.

SKI SWAP

The PSR Race Team will be holding a ski swap on Sunday, December 2, between 10:00 A.M. and 4 P.M., in the garage. This is a popular event and the Race Team has agreed to organize it again this year. However, they emphasize that having equipment to sell depends on members bringing in used equipment that they no longer use or want to keep. Along with used equipment for sale but there will also be new equipment available for sale at reduced prices.

They will not accept the old “3-pin” skis nor boots. There is simply no one wanting equipment that old.

They will help price the items and supervise sales. For their effort they will keep 20% of all sales made.

Here's how to be a part of this event:

If you wish to buy ski equipment at a bargain:

Come to Porcupine Ski Runners Chalet **Sunday, December 2** between the hours of **10 A.M. and 4 P.M.**

If you have ski equipment to sell:

1. Bring the equipment to the chalet **Saturday, December 1** between **11 A.M. and 3 P.M.**
2. The equipment will be assigned a value and placed on display for sale.
3. If your items are sold, 80% of the price will be returned to you and the racing team will keep the remaining 20%.
4. If you are unable to bring your used equipment to the chalet at the specified times, contact Janet Demers (264-5708) or Don Sutton (235-2864) to arrange an alternate time or pickup.

We suggest that you check out your ski equipment and decide if it's time to part with some of it or go look for some that is better than what you have. Perhaps you can do both.

SKI WAXING

To prepare your skis for the season, the racing team will once again be offering to wax your skis for a \$20 fee. This service will be available on Saturday, December 1 and Sunday, December 2.

The process includes:

1. base preparation, which is necessary to remove the nicks from last year's season and get your skis in optimal condition to apply the waxes for this year. The team members will bring their special tools.

2. scraping and applying glide or grip wax. The team will provide the waxes.

Your skis will be ready for the coming season. Everyone knows the value of good waxing, and the racers have great experience and success in this area. PSR is known for its expertise in waxing, and have won many a race due to this special skill (well trained by Lorne Luhta and Yvan Massicotte).

You too can benefit from this. If you want to call ahead, please contact Janet Demers (264-5708) and we will arrange to get your skis ready. These events, along with help from the Board of Directors, assist the Team with travel and race entry costs. Keep tuned to hear Team results throughout the season. They have been very successful in the past and are working hard to continue this great trend.

2006-07 FINANCIAL SUMMARY

By: John Hardy - Treasurer

Our fiscal year is June 1 to May 31 of each year. The summarized report below gives last year's financial picture. A summarized budget is also included.

Note that the Nordic Centre Project is accounted separately and is ongoing.

Operation

Income

Donations	
Lockers	5,160
Day Fees	3,863
Membership	65,645
Jackrabbits	1,620
Other	3,070
Total Operation Income	79,358

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<u>Expenses</u>	
Administration	8,953
Equip/ Trails	19,171
Events	0
Facilities/Insur	14,415
Jackrabbits	2,354
Property Tax	1,670
Utilities	8,485
Improvements	7,357
Trail Lighting	1,510
Total Operation Expense	67,432
Income-Expenses	11,926

Non-Operation & Projects

<u>Income</u>	
Bingo	15,581
Total Non-Operation Income	15,581

<u>Expenses</u>	
Bingo Expenses	1,166
Race Team	13,071
Total Non-Operation Expenses	14,237
Income - Expense	1,344

BUDGET 2007-08

Operation

<u>Income</u>	
Day Fees	4,500
Jackrabbits	2,000
Lockers	5,200
Membership	74,000
Other	3,150
Total Operation Income	88,850

<u>Expenses</u>	
Administration	11,250
Equipment	19,100
Trails - Lights	2,000
Events	500
Facilities/Insur	20,100
Jackrabbits	2,500
Property Tax	2,000
Utilities	9,500
Other	1,000
Total Operation Expense	67,950
Income-Expenses	20,900

Non-Operation & Projects

<u>Income</u>	
Bingo	0
Fund-raising	7,000
Total Non-Operation Income	7,000
<u>Expenses</u>	
Bingo Expenses	0
Race Team	7,000
Total Non-Operation Expenses	7,000
Income - Expense	0

NORDIC CENTRE PROJECT

The Nordic Centre Project began with the relatively simple objective of replacing our ageing and rather dilapidated chalet. The project now includes much more with a new goal of an expanded septic system, an improved entrance road, a larger size water supply pipe and an improved parking lot. Our expanding membership and increasing school usage require upgrades to and expansion of the septic system. The larger water line is intended to solve two problems: frozen water pipes and better fire protection. The entrance road and parking lot improvements will result in safer and better access to our facility.

To design the new facility we signed a contract with ANO Architects in conjunction with Sutcliffe, Rody, Quesnel Engineering. Their work began over one year ago and they produced a preliminary design. Since we had not, at that time, had sufficient response from our funding proposals, the architectural work was temporarily put on hold. When the funding situation became clearer, the board approved the design proposed by ANO and also approved proceeding with the project. However, we decided to develop the plan as a two-phase project so that

we could be assured of having a functional and affordable facility after the first phase. The second phase is planned to add more of the features that we want to have but may have to wait until adequate funding is secured. The plan was to begin construction by July 1, 2007.

As we noted on page 2 of this newsletter, the completion of the engineering was delayed to the extent that the committee felt that the construction probably would not be completed before the start of the ski season. In late August, we decided to delay the construction until 2008.

A new idea was introduced to us in June – the possibility of using ground source heat pump to reduce the cost of heating the new chalet. This system has the added feature of providing air conditioning in warm weather which would allow us to make greater use of the building during the summer months. There is the possibility of renting the chalet for special occasions and also using it to promote summer activities such as cycling, cross country running and walking. It would give the facility more potential for greater use. We have instructed ANO to conduct the necessary studies and provide us with details of feasibility and the costs involved in incorporating the ground source heat pump system in the new chalet.

Meanwhile, the committee is continuing to work on making the project a reality. Fund-raising is continuing. We have been quite successful in securing funding for the project. We have received commitments from government sources, namely: Northern Ontario Heritage Fund Corporation (NOHFC), Rural Economic Development (RED) and FedNor. The City of Timmins have been most

supportive and they are contributing to the funding. The club itself is making a major contribution using funds that have been set aside for projects over the past several years and from member donations. Schumacher Foundation was one of the first organizations to respond positively to our request for funding. Local funding assistance has come from such ventures as the Get-On-Track auction held in March, 2006, contributions of in-kind material and recently, we were most pleased to have Xstrata Copper contribute to the project. Their contribution has earned them the privilege of having the chalet named The Xstrata Copper Chalet.

To give you a better sense of the cost of the project, the amount of money raised and the amount still needed, these are the approximate numbers:

- Project cost \$1.5 million.
- Cost of Phase 1 only: \$1.25 million
- Funds raised to date: \$1,085,000.

To complete phase 1 we need approximately \$165,000 in additional funding. We hope to achieve this target before next summer but some of that amount may be borrowed money which will be paid back with ongoing fund-raising or surplus operating funds.

We have included a list of club members who have contributed to the project. The list is impressive and we appreciate your donations. It's a big project and costs for construction are high. If you are able, please consider a donation to the project. We are especially promoting the "Purchase A Locker" campaign. (See the form on page 7.)

MEMBER DONATIONS

\$1,000 AND OVER

- Baumgart, Roy & Eleanor
- De Laplante, Marc & Francine
- Del Guidice, Bruce
- Kanya-Forstner, Nick
- Mahy, Larry
- Malo, Larry / Woods, Nancy
- McNair, Gerry & Noëlla
- Schultz, Jane
- Vaillancourt, Charlie

\$500 TO \$999

- Arnold, Doug
- Boudreau, Albert
- Ciccone, Dr. M. V.
- Coderre, Robert
- Cotnoir, Gérald
- Cousineau, Mike
- Davidge, Glen
- Davis, Jim & Marilyn
- Harterre, Trevor
- Kaczmarek, Sue
- Lauzier, G & M
- Londry, Mary & John
- MacDonald, Anne
- McKinnon, Ralph
- Mills, Elizabeth
- Paquette, Chris /Petroni, Tina
- Schwertfeger, Lynne
- Vodusek, Brenda

\$250 TO \$499

- Aubrey, John
- Barber, J. A.
- Bielek, Jim
- Boudreau, Marcel
- Brain, Daryl
- Ciccone, Lino & Chantal
- De LaPlante, Marilyn
- Demers, Richard
- Drouin, Réal
- Emms, John
- Feldman, Tori
- Gagnon, Stephen
- Garlock, Irvin
- Gilles, Judy & Len
- Ginglo, Ray & Peggy
- Hardy, John
- Houston, David
- Keddie, Don
- Kleinhuis, Paul

- Longworth, Carolyn
- Luhta, Lorne & Diane
- Luhta, Erik
- MacDonald, Allan
- Sech, Michael
- Stalker, Mary
- Tunncliffe, Grant & Nan
- Venilainen, M & Frechette G.
- Vodusek, Joe

\$100 TO \$249

- Andreatta, Dan
- Aubé, André
- Audet, Michel
- Auger, Chuck
- Bachmann, Ed
- Banks, Shaun
- Barber, Sandra
- Bazeley, Theresa
- Ciccone, Mario
- Clermont, Joan & Bob
- Dasovich, George & Susan
- Dupont, Chris
- Ellery, Susan
- Folinsbee, John
- Francis, Don
- Gagnon, Claude J.
- Gibson, Trish
- Girones, Lorenzo
- Gliddon, David
- Greenaway, Peter
- Heino, Alan
- Hook, David
- Huggins, John
- Kardas, Pam
- Keast, Todd
- Kullas, Natasha
- Kvas, Rick
- Laurin, Real
- Leduc, Darlene
- Longworth, Dorothy
- Maisonneuve, Rachel
- Malette, Rachel
- McGillis, Bill & Linda
- McLaughlin, David
- McNair, Neal
- Morin, Veronique
- Morton, Lesley
- Murray, Luc
- O'Connor, Robert
- O'Malley, Flo
- Paquette, Marcel
- Paradis, Marilyn
- Poupart, Lillian

Richer, Paul
 Rinaldi, Barbara
 Roos, Paul & Coulson Cathy
 Roy, Francis
 Scott, David & Janet
 Smith, Stuart
 Splane, Bruce
 Stewart, George
 Stringer, Jane
 Stringer, Diane
 Sweezy, Carol
 Vickers, Ray
 Wagner, Dennis
 Wyatt, Don
 Yee, Debbie

Lessard, Kenn
 MacDonald, Michael
 Manseau, Kelleigh
 Marttala, Michele
 Mascioli, Ann (L_M Holdings)
 McGovern, Stephen
 McTiernan, Donna
 Michaud, Jean
 Mongrain, Alain
 Pacaud, Gail
 Paquette, Gerald
 Perreault, Gerald
 Pollon, Mary-Lou
 Purificati, David
 Pye, Joan
 Quesnel, Paul
 Rigg, Leata
 Roy, Robin
 Schrader, Wendy
 Smith, Lucie
 Stewart, Larry
 Tartlon, Celine
 Theriault, Dan

McArthur, David
 McKane, Brian
 Middleton, Brenda
 Millions, Nicole
 Morandin, Lino
 O'Hare, Dennis
 Petroski, H  l  ne
 Poppleton, Brent
 Pouw, Jamie
 Prepp, Caroline
 Rainville, R  mi
 Skeries, Linda
 Sustar, Mary-Ann
 Tichinoff, Ted
 Touchette, Denis

\$50 TO \$99

Allard, Cheryl
 Beaulieu, Levis
 Belanger, Nancy
 Boulanger, Frank
 Bourdon, Maurice
 Br  l  , Denis
 Charette, Gerald
 Cumming, Carol-Ann
 Davis, Peter
 Dell'Edede, Dona
 Dell'Erede, Frank
 Foster, Bonnie
 Gadoury, Laurier
 Garces, Pat B.
 Golinowski, David
 Hayes, Jim
 Jones, Deborah
 Kayahara, Gordon
 Kelly, Phil
 Lacasse, Ren  
 Lamontagne, Anne

\$25 TO \$49

Bisson, Christel Breton
 Bourdon, Andr  
 Bouvier, Dan
 Ceasar, Don
 Cl  ment, Marjolaine
 Davidson, Darlene
 Dion, Norm
 Faulkner L. Butch
 Flood, Denis
 Fortin, Linda
 Goyer, Claude
 Hopson, Floyd
 Lamothe, Lise
 Lecours, Yvon

Other donations from members:

Total \$513

Pledge to Help with the Nordic Centre Project

GET ON TRACK - TO THE FINISH LINE

- Cash Donation** - to receive a charitable tax receipt
 make your cheque payable to: City of Timmins/PSR (for \$50 or more)
- Buy A Locker - \$200** (make your cheque payable to: City of Timmins/PSR)

Name: _____

Address: _____

LEARN to LOPPET 2008 with **Porcupine Ski Runners**

If you have always wanted to ski a loppet but lacked the know-how and the confidence, now is the time to try. Experienced coaches will guide you so that you can complete the 10, 17 or 25 km **Porcupine Ski Runners Loppet** in February.

Lorne Luhta, Level 3 coach, will head the group of coaches and be assisted by Erik Luhta, Diane Luhta, Mary Anne Martin, David Vodusek, Rhys Lucas, Karin Lucas, Trish Gibson, and Robert Coderre.

Training sessions will be held on one weeknight (TBD) and on Saturday afternoons for adults.

Beginner skiers are welcome as long as you are reasonably fit! You should be able to run 5 km or the equivalent or be on a regular training program of some kind of fairly strenuous exercise.

Training sessions will cover the following with the main focus on technique:

1. Equipment selection
2. Clothing
3. Fuelling your body
4. Stretching and strength
5. Ski technique –classic and skating including video analysis
6. Waxing –basic and advanced skills
7. Distance training
8. Interval training
9. Preparing for the big event
10. How to ski the loppet
11. Ski specific training to get ready for next year

The cost is \$100 and includes your loppet entry for the Porcupine Loppet to be held on Sunday February 24. All profits will go to the New Nordic Centre project.

An information session and registration will be held at the clubhouse on Sunday November 18 at 1:00 in the afternoon.

The program will run with a minimum of 10 skiers and a maximum of 20.

For more information call **Lorne Luhta 235-8048**