



The Inside Track

A Newsletter for Members of Porcupine Ski Runners

Winter Issue

December, 2004

President's Column

December has arrived and so too has the snow – time for some cross-country ski action. The off-season has been extremely busy for our volunteers. Thanks to their efforts the trails, facilities, and our ability to service the membership, general public, and the cross country ski community continues to improve.

Porcupine Ski Runners is fast becoming one of the premier outdoor physical activity facilities in Canada and is utilized year round. Schools and other organizations access the facilities to host a variety of events ranging from fun activity days to competitive cross-country racing. Our own volunteers organize ski walking, hiking, biking, etc. during the off-season. The Porcupine Ski Runners Race Team and The Masters Ski Team train at the facility on a regular basis. Ski Teams from other areas around the province, such as Sudbury and North Bay, come to our club early in the season to get some on-snow training before snow is available at their locations.

We now have several kilometers of snowshoe trails available for your enjoyment. Additionally, our volunteers spent time on the Olympic Trail subsystem making several enhancements to address safety and esthetic concerns. During the summer

completion of the Light The Trails Program we are now able to focus much of our attention on the Chalet Renewal Project. This is a major undertaking but one that will give PSR a firm basis to better serve its membership and the general public for decades to come.

Jackrabbit Sessions

Start January 9, 2005 at 1:15 PM

NO REGISTRATIONS
will be accepted on this first day.

To have your child enrolled in the
Jackrabbit program contact Ruth Roy
before January 4, 2005
at
268-8762

We welcome to the Board of Directors Ruth Roy, Tory Kullas, Larry Labelle and Joanne Blood. The success of PSR is a direct result of its volunteers. If you would like to be involved with PSR contact myself, or any Board member.

Finally, I want to extend a personal thank you to the Board of Directors and the many other volunteers for all that you do to make Porcupine Ski Runners the 'Golden Nugget' in the City with the Heart of Gold. Finally, on behalf of the Board of

Directors and myself, have a most enjoyable season and as you sojourn out on to the trails, take a moment to reflect upon and enjoy our beautiful north country.

Yours in Cross-Country Skiing,
David B. Mader - President

and fall, general trail maintenance was carried out to ensure things were ready for the first snow. This included the annual brush-cutting program, a program where we rely on the general membership to help where possible, thereby helping keep membership costs lower than anywhere else in the province.

The next few years promise to be very exciting at PSR. With the

PSR BOARD MEETINGS ARE HELD THE SECOND TUESDAY OF EACH MONTH.

BINGO IS THE SECOND MONDAY OF EACH MONTH.
SPRINT RACES - DAY & TIME TO BE ANNOUNCED

Watch for notices of other events and lessons posted in the chalet.

Membership

By: Gerry McNair

Open House and the Racing Team's Ski Swap were held at the Club on November 28. Membership applications were received and 115 members joined on that Sunday. This brought our total to 581 members which is perhaps a little over half of the number of members that we will have by the season's end.

All members who rent a locker should have renewed that rental by now if you wish to keep it.

Remember that a membership for skiing also gives you access to the newly cut snowshoe trails. Perhaps you might like to give it a try.

Welcome to the members who have signed up to use the snowshoe trails. These memberships cost less because the maintenance of snowshoe trails is considerably less than it is for ski trails. Snowshoeing members have equal access to the chalet facilities so drop in, warm up and say hello. We will not be renting lockers to snowshoers however, because we don't have a large enough number of lockers and snowshoes are easy to carry in a vehicle.

Enjoy the season.

Volunteer Appreciation Party

By: Diane Luhta

Almost 100 volunteers contributed, in ways big and small, over the past year to make the PSR such a great club. Out of that number, sixty

were able to attend a dinner with presentations and entertainment at The Lion's Den in Schumacher.

President David Mader unexpectedly had to work so Club VP Lorne Luhta gave a brief recap of the past year and introduced the directors for this year, welcoming new board members, Tory Kullas, Joanne Blood, Ruth Roy and Larry Labelle.

Evening entertainment was provided by the racing team parents and coaches who showed what a race is really like at other clubs. Diane Luhta prepared a skit which had the invitees laughing hilariously at the antics of the racers and the coaches.

The highlight of the evening was the special recognition given to two of the volunteers. Susan Kaczmarek was recognized as Outstanding

Volunteer and Gerry Perreault was given a Lifetime Achievement Award.

Greg Deyne made the presentation to Dr. Kaczmarek and he talked about the terrific role model she has been for the ski team. Sue has been actively involved since she decided to race after helping out when we hosted the Ontario Championships in 1992. She has been the backbone of the coaching team since 2000, organizing summer training, becoming a Level 2 coach, and

still managing to race successfully herself, bringing home medals from provincial and national championships and the Keskinada World Loppet. Sue has put in countless hours and the team had amazing success last year culminating in Natasha Kullas winning five gold medals at the National Championships.

She has enthusiastically helped with brush cutting, trail improvements and filling the woodshed. If help was needed with giving lessons she was always available. She works at Bingo every second Monday night and stays until Stan is done.

She is on the new chalet committee and is organizing the NOD training camp to be held here in December. Although Sue does not sit on the PSR Board she attends many

Board meetings. She helped husband Stan with the Lighting project.

Greg also noted that she makes a tasty trifle!

Congratulations Sue for being an outstanding volunteer!

Lorne Luhta presented Gerry Perreault with his award by telling the group that at some time in the 1980's, he asked Gerry if he wanted to help out at the club. Gerry had noticed that the front step was rotten so he thought he could fix it. Yes, he agreed to help

Ski Lessons

Diane Luhta wishes to announce that the skate lessons planned for December are fully enrolled.

She will be offering more lessons later in the season so watch for announcements on the bulletin board in the chalet. You may call Diane at 235-8048 in inquire.

out but little did he know that what he thought would be a little fix-it job would soon become a major investment of time as he became head of grooming and equipment.

Lorne spoke about Gerry's dedication to the club and his excellent organizational skills. He helped with trail widening, the wood chip project, trail brushing every fall, and all of the building projects. He has been on the PSR Board since 1987 and manages to ski 1000 km every year. He even was involved with Lorne in coaching at one point.

Not many people know that Gerry is the person who unlocks the buildings every morning on his way to work. Gerry became involved in the Special Olympics and helped with PSR hosting of the 1999 Winter Games. He has been selected as an associate coach for the World Winter Special Olympics in Nagano, Japan in 2005.

Lorne spoke about the PSR garages and how they are neater than any garage he has ever been in. Gerry humbly gave the credit for that to others, stating that he is just good at making checklists.

Lorne also told about the time he and Gerry were out in the old, cold grooming machine and they got stuck in a swamp. Gerry jumped out in water up to his waist in minus 30 degree conditions in order to get unstuck. This is what the volunteers go through so that club members can have superbly groomed trails, far beyond what anyone should expect.

The club is truly indebted to Gerry Perreault for his commitment and dedication to the sport of cross country skiing.

Anyone who volunteers is invited to next year's VAP. All of those who help out say it is a lot of fun and that is why they do it.

Trails

By: Gerry Perreault

Well Lorne Luhta sure knows how to improve things. He took it upon himself to relocate the last section of the Olympic loop, that was



always wet, to a section of ground that is much higher, more scenic and drier. He started this in the spring then, with the help of several volunteers, managed to complete it including culverts and leveling before November first.

Trail Work this year concentrated mainly on relocating sections of trail for safety reasons. Specifically to eliminate dangerous snowmobile crossings. We also improved the drainage on some sections of the inner trails.

Brush cutting took five full weekends. We encountered problems due to difficulty getting volunteers which made it very demanding for those organizing

the work. We need more help from members on this very important task. It's one job that makes a big difference for good early skiing - especially for skating. The club purchased four new saws so the equipment was available and functioned really well. Unfortunately it's a manual task that we hope to try to mechanize but there doesn't seem to be much equipment available that would be able to cover all of the trails.

The list of names below are the volunteers that helped in preparing the trails for the new season. I hope I didn't miss anyone.

- | | |
|----------------------|-------------------|
| Brûlé, Denis | Cantwell, Chris |
| Coderre, Robert | Columbus, Mike |
| Costante, Lance | Dasovich, George |
| Davidge, Glen | Davis, Peter |
| Demers, Richard | Denis, Ray |
| Deyne, Greg | Garlock, Irvin |
| Gibson, Dave | Greenaway, Peter |
| Holmes, Lia (family) | Kaczmarek, Stan |
| Kaczmarek, Sue | Kleinhuis, Paul |
| Krupta Dave | Kullus, Kris |
| Kullus, Tory | Labelle, Larry |
| Lauzier, Germain | Lajeunest, André |
| Leggett, Tony | Lessard, Kenn |
| Luhta, Diane | Luhta, Erik |
| Luhta, Lorne | Mahy, Bret |
| Mahy, Carl | Mahy, Larry |
| Malo, Larry | Martin, Chris |
| Martin, Mary Ann | Martin, Robbie |
| Martin, Tom | Massicotte, Julie |
| Massicotte, Yvan | McNair Gerry |
| McNair Neal | Mullen, David |
| Noël, Guy | Noël, Pierre |
| Nytz, Jozef | Peltoneimi, Raimo |
| Perreault, Gerry | Perreault, Paul |
| Sutton, Don | Touchette, Denis |
| Vickers, Ray | Vodusek, David |
| Yard Jack | Yard Cathy |
| Yard Brigitte | Yard Brianna |

Equipment

By: Gerry Perreault

Since March, work was being done on all of our equipment as time permitted. Fred Stiles performed the end of season servicing and the pre-season checks have all been done so we are ready to tackle another season.

For the upcoming season, Fred Stiles, Rick Mahon, Germain Lauzier, Chris Cantwell, Yvan Massicotte, Gerry McNair, Lorne Luhta, Denis Brûlé,

Jack Yard and I will be part of the equipment group. I also hope to be able to add more names.

Please thank these people when things look good and appreciate the fact that these chores are done outside any skiing time. The work gets done on an as-needed basis which means there is no schedule or start time. The crew responds to the weather conditions and they all have homes and driveways to clear as well. Let's hope for a good safe season, happy skiing to all.

Jackrabbits

By: Ruth Roy

The first registration was held November 28th at the chalet in conjunction with membership and the ski swap.

Three programs are available:

1. "Bunnyrabbit" is the first stage directed at youngsters 5 years of age and younger (under 6).

2. "Jackrabbits" for children 6 to 9 years of age (under 10).

3. "Track Attack", a new program added this year is directed to skiers 10 to 13 years of age (under 14).

Each child enrolled in the Bunnyrabbit and Jackrabbit program will receive a Brooks baseball cap and a Program Badge which will be available mid January. Those enrolled in the

Waxing Clinic

A waxing clinic will be held December 21 at 7 PM

It will be held at the chalet and there is no charge.

Track Attack program will receive a unique mouse/note pad featuring members of the National Ski Team plus

a 2004-2005 National Ski Team Poster. A Booklet is provided so each child can keep a record of their progress through stickers at each Level.

The start date for the program will be January 9th, 2005 at 1:15 P.M. No registration will be taken that day. If you would like to register your child for this program please contact Ruth Roy at 268-8762 prior to January 4, 2005. The registration fee is \$25.00 but the Jackrabbit program is open only to members of Porcupine Ski Runners.

Parents may stay with the group and learn with them especially if the child is a beginner. Children should come to the Sunday sessions prepared to ski. That is, wearing warm clothing and with skis waxed. Children should have enough to eat but not be too full when they begin to ski. Encourage them to drink water before and

during their session to keep hydrated. The focus on cross country skiing is to develop gross motor skills such as balance, gliding and diagonal stride without poles. Ensure that your child will have play time on skis in addition to the sessions.

A snack will be provided during each session.

A Community Coaching Course (10 hours) is tentatively scheduled for January 7th & 8th, 2005. The workshop is designed to help deliver a series of age appropriate skill development sessions under the guidance/supervision of more experienced coaches. A maximum number for the course is about 20. If you are interested in helping with the Jackrabbit program, this course will provide the basic coaching skills. For further information please contact Ruth Roy 268-8762.

Happy Skiing!

Website

By: Rick Cecconi

www.porcupineskirunners.com

The PSR website has changed a little in its structure this year to make navigation a little easier. We still have links to "Real Conditions" and "Weather Conditions" on the Club Info page - a great way to start your morning with your favorite cup of coffee before heading out on the trails.

So what's new for 2004/2005? This year we have added a Photo Album where you can register as a user and download and upload pictures, send ecards of your

favorites, view a slide show and much more. You will also see a “Tips” link, which will give you some handy skiing info. A guest book has been added where you can add your comments and view what others people have written. Last but not least is the new snowshoeing page and membership forms.

If you have questions or suggestions please email the Webmaster. Happy skiing and see you on the trails.

Snowshoe Trails

By: Larry Labelle

Three snowshoe trails have been completed and named. They are all located in the central core system of ski trails and will be named after local wildlife. While I planned the layout of the trails, I had help with cutting them from Gerry McNair, Paul Kleinhuis, Greg Deyne and George Dasovich. Gerry Perreault and Gerry McNair worked on the preparation of trail sign and markings.

There are eight locations where the snowshoe trails cross

the ski trails. These crossing have been located in areas of good visibility and on level ground.

Look before you cross.

Remember at these crossings that the cross country skiers will be traveling at a faster pace and will have the right-of-way.

Unlike the ski trails the snowshoe trails are non-directional or 2-way. You may travel in either direction. The total length of trail that we cut is about 4.7 km which is laid out as three trails.

1. The Fox Trail is 1.2 km. long, a short easy walk on level ground.
2. The Lynx Trail is 2.4 km. long, a little longer and a little more

MONTH	Date	Activity	Contact / location
September	Every weekend	Brush & trail cutting	PSR
October	Every weekend	Brush & trail cutting	PSR
November	20	Volunteer Appreciation Party	Lion’s Den Schumacher
	27, 28	Sunday 28 th OPEN HOUSE & JackrabbittRegistration Ski Waxing & Base Prep \$20.	PSR –drop off Sat. and pick up skis Sunday
December	2 to 5	Ontario Training Camp for Juniors	PSR -T.Kullas CCO
	13 to 16	Free skate lessons for members	PSR 7 pm
	21	Wax Clinic	PSR 7 pm
January	9	Jackrabbitt First Session	1:15 pm
		Jackrabbitt Sessions continue through January, February and into March	
February		Sprint Series Races	Evenings
		Details to be announced	Time to be announced
	27	Porcupine Loppet 25, 17, 10, 5 km Classic & Skate	South Porcupine Legion (In South Porcupine)
March	25 to 28	Easter weekend –Rookies vs Vets Relay & Twelve Hour Challenge	PSR

vigorous. It will get you on higher ground with a few more hills to climb.

3. The Owl Trail is 3.8 km. long. There are a couple of hills on this trail that should be challenging.

Because the construction and maintenance of these trails is significantly less than the ski trails, a different fee has been designated.

- Family \$70.00
- Adult \$40.00
- Student \$15.00

These rates are for snowshoeing only.

Day fees for the snowshoe trails is also lower than those for the ski trails.

- Family \$7.00
- Adult \$3.00
- Student \$1.00

If you have a skiing membership, the snowshoe trails are included.

There have been some questions about plans for snowshoe rentals. We have no plans to provide this service at the present time.

Ski Swap & Waxing

The annual ski swap hosted by the racing team was again most successful. According to Mary Anne Martin, who helped organize the event, the ski swap together with the ski waxing service conducted by ski team members, their coaches and parents raised over \$3100. This money assists the racing team with its expenses in traveling to out of

town races including the Junior Canadian Championship.

Some very good equipment was available for sale and the team thanks the individuals who brought in equipment to sell and those who donated equipment for the sale. They also thank Northern Sports from Timmins, Paddle Buddies from Kapuskasing and Wilderness Dreams from New Liskeard for providing equipment for the sale at reduced prices. The team shared in the proceeds from all sales and in the case of donated equipment, it was 100% profit for the team.

The snow that was falling that weekend must have stimulated our desire to go skiing as the waxing crew handled 82 pairs of skis. Thanks to those who supported the team by having their skis waxed.

RACING SCHEDULE			
Month	Date	Event	Location /Contact
December	2 nd to 5 th	Ontario Junior Training Camp	PSR
	29, 30	Ontario Cup	Thunder Bay, Lappe Nordic
January	15, 16	Ontario Cup	Duntroon, Highlands Nordic
	22, 23	Hiawatha Races	Sault Ste Marie, Hiawatha
	29, 30	Ontario Cup	Hull Quebec, Skinouk
February	5, 6	NOD Championships	Sudbury, Walden
	12, 13	OU Championships	North Bay Nordic
	11,12, 13	Ontario Masters Championships	Parry Sound, Georgian Nordic
	12	Valentines Loppet	Temiskaming Nordic
	16 to 27	World Nordic Championships	Germany
	18,19,20	Keskinada World Loppet	Ottawa Hull
	20	Nickel Loppet	Sudbury Laurentian Nordic
	23 to 25	OFSSAA	Duntroon Highlands Nordic
	26, 27	North Bay Nordic Sprints & Loppet	North Bay Nordic
March	Feb 28 to March 6	Canadian Championships	Prince George B.C.
	25 to 28	Rookies vs. Vets Relay 12-Hour Challenge	PSR

Race Team Hosts Ontario On-Snow Camp

By: Susan Kaczmarek

On the first weekend in December, the race team hosted an early winter 3 day On-Snow training camp. This was the first time the race team has undertaken a training session of this nature. It was open to any Ontario junior aged skier and 27 athletes from Timmins, Iroquois Falls, Sudbury, Sault Ste Marie, Elliot Lake, Parry Sound and Owen Sound attended.

Local coaches, Lorne Luhta, Eric Luhta and David Vodusek, helped me organize and run the training sessions, while the ever helpful parent group led by Tory Kullas organized and provided all the very necessary support such as billeting, meals, registration and entertainment. Karen Trimble graciously gave a talk on stretching.

Significant coaching support was also provided via Patti Kittler, a Coach for OnaWaSu (Sudbury). Patti ran a Level 2 On-Snow Technical Camp over the same weekend and the attending group of coaches helped with many of the camp sessions as part of their Level 2 certification work. It was a great help to have all these extra folk at the sessions.

The athletes appeared to have had an excellent time. The course extended over 3 days that were packed with didactic talks, distance skiing opportunities, technique sessions with video analysis and yoga as well as some fun activities at meal times. The

camp finale was a continuous pursuit race on the Sunday featuring a 1.25 km skate followed by a 1.25 km classic ski and then a 400 m snowshoe run.

Congratulations and a major thank you go out to all who helped to make the camp a success – parents, local racers, groomers, participating coaches but especially to Tory Kullas for doing a huge amount of organizational work. Also to Lorne for being there to help us after driving all the way back from his work in Bancroft.

Development Team

Development Team is for young skiers between the ages of 9 and 14. Club members interested in taking part may get more information by calling Erik Luhta at 235-5948 or David Vodusek at 235-5108.

A meeting is scheduled for Dec. 16, from 7 PM to 7:30 PM, at the chalet. Interested skiers should attend with their parents.

Julie Massicotte will be assisting Erik and David with this program.

New Chalet

By: Gerry McNair

We have been thinking about a new chalet since 1999 and we have been working on making it happen. Planning was put on hold during the time that the trail lighting project was being completed but interest and

planning was revived in March 2003.

In a few words - it's slow going. There seems to be numerous obstacles to overcome and I suppose, if we had unlimited funding, those hurdles would seem small. The reality is, "It's slow going."

The Chalet Renewal Committee has made considerable progress in the past year and a half. A tentative plan for physical things such as location and design of the building has been put together. I say tentative because it still needs work and has not yet been approved by the Board of Directors. We are now looking at sources of funding and for this we have added new members to the committee.

Over the past several years (and again this year) members have made donations to the club which are being designated for the new chalet. In addition, some donations have been by community groups. Schumacher Public School donated \$150, as they have done previously, as an expression of appreciation for using our facilities to host a large cross country running race last fall. Finnish Community Halls (Finnish Club) donated \$1000 this fall just because they would like to see us have a new chalet. These contributions have helped us pay for some preliminary work such as hiring an Engineering Company to do soil testing.

We'll keep working at it and keep you posted on our progress.

It's difficult to get everything planned and organized as soon as we would like. We can't expect our volunteers to sacrifice their jobs and families to make additional contributions to our club activities. They are doing a great job as it is. Even for us retired folk, it sometimes feels like club duties become a full time job. (I know, we're just slower.)

We had planned to mail out this issue of The Inside Track earlier but we had some unavoidable delays. As a result, some announcements in this newsletter may get to you too late to be useful. Sorry.

There are other activities that don't have final plans in place at this time. Please visit the chalet when you go skiing or snowshoeing and check the bulletin board for upcoming events. If you have access to the internet, check the website for new events or plans.
Ed.

Some events that you can look for:

- ✓ Sprint Races - Time and dates
- ✓ Ski Lessons
- ✓ Waxing Clinics
- ✓ Development Team Practices
- ✓ Social Events e.g. Pot luck Dinners with Night Skiing
- ✓ Loppet details
- ✓ 12-hour Challenge
- ✓ Possibly others

If your address is changing due to the change in street names that will be occurring, please remember to inform us.