



# The Inside Track

A Newsletter for Members of Porcupine Ski Runners

Spring Issue

April, 2004

Wow! Is it already April? It seemed like I had just put my rock skis away a few weeks ago and then it was time to get them out again for springtime skiing. I know that some people suffer from wintertime blues but I bet few, if any, are cross-country skiers. Seems that the skiers I talk to suffer from ski withdrawal come June and July. Not to worry, there are lots of off-season cross training activities you can do - running, ski-walking, roller skiing, swimming, biking, canoeing, etc. - that will help keep you fit and prepare you for next season. Do not worry, the snow will surely return within six or seven months.

Again this year the club membership surpassed 1100 members and there were more than one hundred possible ski days. When combined, our members skied more than the distance from Timmins to Finland. We continue to be one of the premier outdoor activity organizations in Northern Ontario and our ski trails are ranked among the best in Canada.

Perhaps the greatest reason for our continued success is the commitment of our many volunteers to cross country skiing. Some of the tasks undertaken by our volunteers include: trail maintenance and sign posting, trail grooming, track setting, facilities maintenance, membership records, waxing clinics, skiing clinics, coaching our ski teams, jackrabbits program, machinery maintenance, firewood collection, opening and closing each day, website development and updates, newsletters, financial records, loppet, twelve hour

challenge, sprint series, trips to other ski clubs to participate in loppets and/or races, etc. On behalf of the Board of Directors and the Porcupine Ski Runners Cross Country Ski Club I want to express our most sincere thanks to the many volunteers that help make our club the success it is.

While we have a good volunteer base we continually seek new volunteers to help share the many tasks. If you are interested in volunteering at the club, contact a board member, email us at [directors@porcupineskirunners.com](mailto:directors@porcupineskirunners.com), write us, or drop a note in the mailbox located in the chalet.

By accessing the website at [www.porcupineskirunners.com](http://www.porcupineskirunners.com) you can find a wealth of information about the various activities going on at the club and the many accomplishments of our members.

Leonardo de Vinci said, "Iron rusts from disuse; stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigor of the mind." Keeping this in mind, your Board of Directors is actively studying and planning several enhancements to the club. Three of these are: addition of a snowshoe trail, addition of a dog trail, and chalet renewal or replacement.

Finally, I trust your ski season was as enjoyable as ours and hope to see you and your friends next season. Have a safe, activity oriented, fun filled off-season and I look forward to seeing you next season.

Yours in Cross Country Skiing,

Dave Mader - President

## PORCUPINE SKI RUNNERS

### ANNUAL GENERAL MEETING

May 11, 2004 7:00 P.M.

Porcupine Ski Runners Chalet

*All members are invited to attend*

*1000 km, Participators & Other Awards will be presented*

*New directors are needed - interested???*

**WHAT'S NEW**

Porcupine Ski Runners has a number of new developments in mind. Some of these will be implemented before next season and others will be a little longer term.

**Snowshoe Trails.** This is a low investment project that is expected to be a reality for the 2004-05 season. The trails will be narrow meaning that cutting them will not be a huge task. There will be no need for the type of grooming that is required for ski trails and that will mean low maintenance cost.

Snowshoe trails will not follow the same route as the ski trails but will cross them at a number of points. Obviously, we cannot have these crossings on downhills nor at locations where visibility is a problem.

The charge for using these new trails will be decided at the Annual General Meeting in May. The present thinking is that members who pay the regular fees to ski will have access to the snowshoe trails without additional charge. We expect that there will be a new fee scale for those wishing to snowshoe only.

*Porcupine Ski Runners - Cross Country Ski and Snowshoe Club.* Has a nice ring, doesn't it.

**Skiing with Dogs.** Dogs are not permitted on our trails but a number of members would like to see a section of trail that would permit dog owners to take their dog(s) with them as they ski.

This concept is being studied but is not likely to be a reality for next season. The benefit to dog owners is obvious and the benefit to the club is that we may increase membership by attracting skiers who otherwise would not join the club because they want to "walk the dog" as they ski. If this trail becomes a reality, it will not originate at the chalet but at some other more remote access point.

**New Chalet Facilities.** Members whose name is still on the locker waiting list may want this project to be fast tracked. We are in the planning stage of building a new and larger chalet with more lockers. In fact, we hope to double the number of lockers that will be available for rental as well as more or less doubling the overall space in the chalet. We expect that it will require a few years to complete.

Funding the project is, of course, what will slow the implementation down. Quite apart from donations made specifically to the trail lighting project some donations from members have been dedicated to building a new chalet. Those donations have accumulated to over \$10,000. Some of this donated money has been used for a soil study and the balance will allow us to continue planning.

To complete the job we will have to get financial help or wait many years to build up an investment fund. We have to always keep sufficient capital on hand to pay for equipment repairs and replacement because without

*The Inside Track* is distributed to the members of Porcupine Ski Runners to inform them of the activities of the Club. There are three issues in each ski season.

Thanks to all the persons who contributed reports and information.

Suggestions and comments from our members are appreciated.

In this Issue

WHAT'S NEW .....	2
MEMBERSHIP REPORT .....	3
PORCUPINESKIRUNNERS.COM ...	3
EQUIPMENT/TRAILS .....	4
FINANCIAL SUMMARY .....	4
BUDGET 2004-05 .....	5
SPRINT RACES .....	5
PSR MASTERS SKIERS .....	5
TRAIL LIGHTING .....	6
BINGO REPORT .....	6
12 HOUR CHALLENGE .....	7
ROOKIES vs VETS .....	7
SCHOOLS & GROUPS .....	7
NORDIC WALKING .....	8
JUNIOR RACE TEAM .....	8
DEVELOPMENT TEAM .....	8
BIATHLON .....	9
JACKRABBITS .....	9
1000 km CLUB .....	9
PARTICIPATORS' CLUB .....	9
LOPPET SPONSORS .....	10
LOPPET RESULTS .....	10
1000 km RESULTS .....	11
PARTICIPATORS' RESULTS .....	11
SUMMER CONTACTS .....	12
TRAIL LIGHTING DONATION ..	12

appropriate grooming equipment, the quality of our trails will suffer. And that would not be acceptable.

We'll keep you informed on our progress in future newsletters.

**Trail Upgrading.** Certain parts of the trail system still have drainage problems. We expect to improve water drainage at some of these problem areas this summer.

**MEMBERSHIP REPORT**

By: Gerry McNair

This season we had 1115 members which is one more than the “old” record from 1995-96 but a bit short of last season’s “new” record of 1128. That gives us two consecutive seasons of record numbers and for that we can credit the trail lights.

Our membership consisted of:

Families	254
Individual Adults	168
Individual seniors	75
Individual students	20

A family membership has at least two members of the same family. These obviously have adults, seniors and students so the numbers above tell us how the membership applications were received. They do not tell us how many adults, seniors or students we have in the club.

We had 531 applications for membership which gives us our mailing list. Of these, 277 specified an email address - about 52%. Perhaps not everyone who has Internet service gave us their email address but we do have to remember that not all members are connected to the Internet. There is one other interesting statistic - Porcupine Ski Runners has 50 more female members than male.

At the Annual General Meeting, a motion will be tabled to raise membership rates for next season. We don’t like raising prices but we now have to pay higher insurance rates in addition to other general increases in prices. This season insurance cost \$5.25 per member over the age of 12 years but we

were advised of that increase after the AGM last May so it was too late to include in last year’s membership prices. For next year there is another small increase in insurance rates. It’s difficult to compare the insurance cost per member with previous years because the charge used to be a flat rate for the club. Now it’s charged per member and that has resulted in a higher overall cost.

The proposed new membership rates are as follows:

Family w/children	150
Family - 2 Adults	135
Family - 1 adult, 1 child	105
Adult	85
Senior	65
Student	35

Locker rental charge will be increased to \$40.

**PORCUPINESKIRUNNERS.COM**

By: Rick Cecconi

As your newest official PSR Web Master it’s been a very interesting year. Not only did I take over the web site but I also landed myself a seat on the Board of Directors and I’m glad to be part of it.

So what’s new for the PSR website? .... Plenty.

When I first took over the job I thought it would be a snap, so I gave it a brand new look but to my surprise the software I was using was poorly tested by the manufacturer and the site looked terrible for visitors viewing at a lower resolution. I scrapped that one and created a newer look with software I’d been using and trusted

for years so that’s what you see on the WWW today.

My first goal was to create a fresh new look with the basic essentials and from that I would build in some nifty things like the new search engine specifically designed for finding information only for the PSR site. So if you type in “race team”, everything in reference to that item will come up on the results section just underneath the search button. You’ll find this really handy because the site contains so much information that this engine makes locating items much easier and quicker. By the time you read this newsletter I will have completed all the “archived” files that were in the previous site. There are so many that the search tool is essential and on top of that the club is so active with the race team and other programs that this site will continue to grow with information.

Other points of interest are the “Real Conditions” button. When clicked, this button will give you up to date trail conditions and the weather conditions link for current weather. The navigation buttons at the top of each page drop down with an array of sub categories. When you mouse over from there, you’ll find some interesting topics.

The PSR website doesn’t close with the ski season so keep tuned throughout the summer for news updates and photos.

Building a web site is like one of my favorite movies *Field of Dreams* with Kevin Costner. He heard voices coming from the

fields saying, "If you build it, they will come"

Have a great summer.

**EQUIPMENT / TRAILS**

By: Gerry Perreault

All of the equipment was available the entire season.

We did struggle in January during the cold spell with some electrical problems on one unit and also a broken main axle on the second one. Of course these breakdowns would occur at the same time just to play on my

Thanks to all those who obeyed the request.

The chore of grooming and track setting is one of the biggest labour requirements to keep the club fully operational. It has no set start or stop time and is dictated by old man winter.

Thanks to our Operators, Fred Stiles, Rick Mahon, Chris Cantwell, Ivan Mascicotte, Gerry McNair, Germain Lauzier, Denis Brûlé, Gerry Perreault, and now Jack Yard. Please appreciate their efforts. Once again, Bob Nadeau a nonmember donated his time

and talent and performed any welding required during the season.

\*\*We all need to tip our hats to Germain Lauzier; he has gone way beyond what we should ever expect when it comes to trail maintenance.\*\*

We have started our usual spring repairs and checks on all of the equipment so we should have a trouble free season next year.

There are no major plans as far as trail improvements for the coming season; however I hope to see some ditching and new culverts installed on some of the inner sections to get rid of some of the water from the area.

**2003-04 FINANCIAL SUMMARY**

By: John Hardy - Treasurer

Our fiscal year is June 1 to May 31 of each year. The summarized report below gives this year's financial picture up to April 14, 2004. However, all of the income and expenses are probably accounted for and should not change by year-end.

The overall deficit was anticipated in our budget for the year and it is actually less than the budgeted deficit.

**Operation**

<u>Income</u>	
Donations	3,090
Lockers	4,550
Day Fees	2,917
Membership	51,325
Jackrabbits	1,303
Other	1,366
<b>Total Operation Income</b>	<b>64,551</b>

Expenses

Administration	4,221
Equip/ Trails	31,384
Events	1,117
Facilities/Insur	14,410
Upgrades	9,114
Jackrabbits	1,566
Property Tax	817
Utilities	10,960
<b>Total Operation Expense</b>	<b>73,589</b>
<b>Income-Expenses</b>	<b>-9,038</b>

**Non-Operation & Projects**

<u>Income</u>	
Bingo	36,321
Special Funding	31,081
<b>Total Non-Operation Income</b>	<b>67,402</b>

Expenses

Bingo Expenses	8,934
Trail Lighting	61,205
Race Team	10,020
<b>Total Non-Operation Expenses</b>	<b>80,159</b>
<b>Income - Expense</b>	<b>-12,757</b>

**THE WINTERGREEN FUND**

**NEEDS YOU TO HELP US**

**CONSTRUCT THE GILLIES LAKE**

**BOARDWALK**

For only \$50 per board, you can become part of this exciting community recreation project that will see the completion of the walking trail around Gillies Lake.

Call the Wintergreen at 360-1382 for more information and an application form.

nerves. With the help of ONTRAC Equipment, we were back in service in a short time.

Fred Stiles with his dedication and knowledge of what needs to be done kept everything up and running.

The season started slowly due to the amount of ground water present in the fall. It took considerable time to have enough snow and cold to get the outer trails open. We encountered only one day when we recommended the trails stay closed because rain had fallen during the night.

**PROPOSED BUDGET**  
**SUMMARY 2004-05**

By: John Hardy - Treasurer

<b>Operation</b>	
<u>Income</u>	
Donations	2,700
Lockers	5,200
Day Fees	2,500
Membership	58,000
Jackrabbits	1,500
Other	1,250
<b>Total Operation Income</b>	<b>71,150</b>

<u>Expenses</u>	
Administration	4,610
Equip/ Trails	22,000
Events	1,000
Facilities/Insur	12,800
Upgrades	10,000
Jackrabbits	1,500
Property Tax	1,000
Utilities	12,700
<b>Total Operation Expense</b>	<b>65,610</b>
<b>Income-Expenses</b>	<b>5,540</b>

**Non-Operation & Projects**

<u>Income</u>	
Bingo	32,500
<b>Total Non-Operation Income</b>	<b>32,500</b>

<u>Expenses</u>	
Bingo Expenses	9,030
Race Team	10,000
Chalet Project	10,000
<b>Total Non-Operation Expenses</b>	<b>29,030</b>
<b>Income - Expense</b>	<b>3,470</b>

**SPRINT RACES**

By: Erik Luhta

The sprint series was a very successful event again this year. Due to the popularity, it was extended to 8 races just for fun. A total of 25 people of all ages and abilities participated in at least 4 of the 8 races, and 43 people participated in at least one race.

The Exel C1 poles will be awarded this year to Bridget Yard.

Rounding out the top three are Dave Mader in 2nd and Brianna Yard in 3rd. Joanne Blood won the *Most Consistent* award. Awards will be presented to these four skiers at the Annual General meeting on May 11 at 7 PM.

**Handicap Results Best 4**

Place	Name	%
1	Bridget Yard	1.152
2	Dave Mader	1.133
3	Brianna Yard	1.132
4	Ethan McGillis	1.130
5	Julie Massicotte	1.103
6	John Hardy	1.091
7	Diane Luhta	1.089
8	Rick Demers	1.085
9	Sarah Campbell	1.084
10	Larry Labelle	1.081
11	George Stewart	1.076
12	Ray Denis	1.064
13	Greg Deyne	1.057
14	Bibiane Mahy	1.056
15	Sue Sutton	1.054
16	Don Sutton	1.052
17	Vero Massicotte	1.051
18	Jeremie Bourget	1.045
19	Robert Coderre	1.045
20	Natasha Kullas	1.041
21	Mallory Deyne	1.035
22	Ruth Roy	1.032
23	Martha Sutton	1.030
24	Robbie Martin	1.022
25	Joanne Blood	1.014

**PSR MASTERS SKIERS**

**The Great Comeback!**

By: Stan Kaczmarek

Following a pretty good summer of training in 2003 the Masters' group became a little disjointed over the ski season.

Other commitments and injuries meant we did not get together as much as I would have liked, but this year will be different! No injuries and setting priorities straight, ie skiing comes first!

Last season we did have a small group that traveled to Gatineau for our annual trip to the Keskinada Loppet. Excellent performances by first timers Larry Labelle doing 25km and Mary-Anne Martin first time doing 50km.

We also traveled to Hearst for their annual loppet on April 6<sup>th</sup>. We had 18 skiers from PSR attend with 8 masters skiers participating. Great show!

Group activities will be starting up again in May, which will consist mainly of group runs. April should be a restful month with just short and easy workouts.

There are already plans in the works for entering the Massey half marathon so stay tuned.

We will again be participating in some of the road running races in the Tri-Town area. The first one comes up in early May so keep a look out for the schedule on our web-site.

**Want to Become a PSR Masters Skier?**

As always we are looking for new participants. We need new blood to keep us all motivated

**If you are interested in becoming a PSR Masters skier here are some of the criteria you should consider:**

(continued on Page - 6 -)

- Are you over 30 years old, relatively fit and tired of the same old routine?
- Do you love Cross Country Skiing?
- Interested in Getting Fitter and Faster?
- Interested in Improving Technique?
- Interested in Traveling to the Odd Race?
- Interested in Doing a Major Loppet of 25km or more?
- Interested in Off-season Training?
- Interested in Developing a Year Round Training Program?
- Interested in Getting Together Once or Twice a Week for Group Training Sessions?

If you answer yes to all of these questions then this is certainly a club for you.

If you answer yes to most questions with the odd 'maybe', then it may be the club for you. Either way if you want more details about the PSR Masters, come to the Annual General Meeting on May 11<sup>th</sup>, 7:00pm at the PSR chalet, where I will be available to answer questions or you can e-mail me at: [sskacz@ntl.sympatico.ca](mailto:sskacz@ntl.sympatico.ca)

**TRAIL LIGHTING**

**- Update -**

By: Stan Kaczmarek  
Trail Lighting Project Coordinator

After a rocky start with the construction back in December of 2001 we finally had 4 kms of lit trail for night skiing for the start of the

2003-2004 season. Thanks to the additional funding by Northern Ontario Heritage Fund (NOHFC) and the money raised through the Wintergreen Fund for Conservation we managed to complete the Blue Loop and do an additional 0.8kms on the back end of the Red trail. The fund raising through light pole sponsorship has been very successful and my thanks goes out again to all those who contributed

Having skied many evenings this last season it was very heart warming to see so many people taking advantage of the lit trails.

Furthermore, due to the success of the light pole sponsorship we are keeping the account open with Wintergreen so all those who still wish to sponsor a light pole can do so. **We still have 25 light poles open for sponsorship!** Check the website for more details on light sponsorship:

[www.porcupineskirunners.com](http://www.porcupineskirunners.com)

Comments would be appreciated with regards to any future expansion to lit trails.

Now that all the bills are in, it should be noted the installation of a single light standard averages out at approximately \$2,000. So it has been quite an accomplishment to get this far. Thanks again,

*Application form for making a tax deductible donation to the trail lighting project can be found on Page - 12 -*

**BINGO REPORT**

By: Stan the Bingo Man

Through 2003 the bingo fund raising has been very rewarding. It must be said that money raised by Bingo goes a long way to keep our membership fees as low as they are, which in turn helps to make Cross Country Skiing an affordable recreational activity the whole family can enjoy.

My sincere thanks goes out to all the 2003 volunteers who were as follows:

<u>Names</u>	<u>Times Out</u>
Kaczmarek, Stan	21
Labelle, Larry	21
Mahy, Larry	20
Roy, Ruth	19
Deyne, Greg	17
Labelle, Sylvia	17
Martin, Tom	17
Mullen, Dave	17
Kulas, Tori	13
Kaczmarek, Susan	9
Londry, John	9
Yard, Jack	8
Martin, Rob	7
Luhta, Lorne	6
Stewart, Larry	6
Luhta, Diane	5
Massicotte, Carole	5
McGillis, Bill	4
Cecconi, Debbie	3
Cicccone, Chantal	3
Martin, Chirs	3
Buck, Charlie	2
Deyne, Casey	2
Columbus, Mike	1
Poppleton, Brent	1

DABADABADOO

**12 HOUR CHALLENGE**

By: Don Sutton - Events Coordinator

Thanks to all who participated in the 12 hour challenge which was held April 10. The conditions were awesome! Also thanks to Jack Yard & Gerry Perreault for their work screening the trails as well as Mallory & Greg Deyne for shoveling snow onto the bare spots on the trails.

Skier	Goal in km	Actual km skied
Geoffrey Sutton	100	115.5
Robert Coderre	100	108
Ray Denis	75	108
Bridget Yard	50	53.5
Brianna Yard	50	50.5
Greg Deyne	30	50
Raimo Peltoniemi	40	45
Mary Anne Martin	40	43
Martha Sutton	40	42
Joanne Blood	38	38
Brenda Ceaser	20	35
Veronic Massicotte	30	34
Don Sutton	30	33
Sue Sutton	30	32.5
Mallory Deyne	30	30
Sue Kaczmarek	28	28
Ruth Roy	25	25
George Stewart	25	25
Paul Smith	25	25
Larry Stewart	25	25
Margot Splane	5	5
Max Splane	5	5
James Splane	5	5
Justine Splane	5	5
David Mader	50	17
Liza Stewart	15	15
Brianna Stewart 1	5	15
Samantha Stewart	10	14.5
Robb Martin	13	13
Julie Massicotte	10	10
Joe Vodusek	10	10
<b>Total for Challenge</b>	<b>974</b>	<b>1060.5</b>

**ROOKIES vs. VETS**

By: Greg Deyne

The 36th running of the annual Rookies versus Vets occurred on Saturday, March 6th and the master skiers continued their winning tradition. Masters have now won five out of the past six years.

This year's race was classic technique, except for John Hardy on the corners...and maybe even on the hills!

The distance for each skier was 2.3 km and Mary-Anne managed to stay on course by not skiing the roller coaster.

Thanks to Stan for timing and Tori as the event photographer. Rookies want to again thank Yvan Massicotte for the fast skis all season long. Unfortunately fast

skies were not enough to overcome the experience of the veteran skiers.

Q. How do you know if you are a cross country skiing fanatic?

A. When you check the weather network the night before the Rookies versus Vets race.

**SCHOOLS & GROUPS**

By: Dave Mader - Groups Coordinator

Our schools and groups program is designed to offer cross-country skiing to organized school groups and other groups wishing to introduce the sport to their members. The program continues to be popular. This year eight schools and five groups accessed the trail system. More than three hundred students and sixty adults skied under this

<b>GROUP A</b>			
<b>Veterans</b>		<b>Rookies</b>	
Larry Stewart	08:27	Samantha Stewart	12:11
Lorne Luhta	08:43	Brianna Yard	10:03
Dave Mader	09:11	Martha Sutton	08:33
Mary Anne Martin	09:14	Veronic Massicotte	08:14
Trish Gibson	11:38	Natasha Kullas	07:39
Greg Deyne	<u>07:37</u>	Jeff Sutton	<u>07:27</u>
<b>Total Time</b>	<b>54:50</b>		<b>54:07</b>
<b>GROUP B</b>			
<b>Veterans</b>		<b>Rookies</b>	
Erik Luhta	08:26	Brianna Stewart	12:26
Diane Luhta	10:02	Bridget Yard	10:45
John Hardy	08:57	Bibianne Mahey	08:22
Sue Kaczmarek	08:15	Julie Massicotte	10:12
Dave Vodusek	08:48	Mallory Deyne	07:45
Rob Coderre	<u>07:40</u>	Robb Martin	<u>06:58</u>
<b>Total Time</b>	<b>52:08</b>		<b>56:28</b>
<b>Total Cumulative Veterans Time = 01:46:58</b>			
<b>Total Cumulative Rookies Time = 01:50:35</b>			

program at least once each week. Next season the schools and groups application package will be available at:  
www.porcupineskirunners.com.

**NORDIC WALKING**

By: Diane Luhta

If you would like to maintain the fitness level you have worked hard to reach over the winter but you cannot or do not want to run, we have a solution. It is Nordic Walking.

Believe it or not there is an International Association of Nordic Walking! You can learn more at nordicwalking.com but we would like to introduce you to this excellent way to keep fit when the snow is gone.

There will be a meeting at the PSR clubhouse in May to demonstrate how to walk with poles and simulate ski technique. The physical and cardiovascular benefits of this activity will be discussed. The PSR trails are an excellent place to walk with poles.

Using poles takes the strain off of your knees and hips when going up and down hills. It strengthens your arms, back and shoulders and it raises your heart rate higher than walking without poles.

Come to the meeting at the club to learn more and team up with others who are looking for someone to enjoy the trails with during the summer. Watch for a date notice in *The Daily Press*.

**JUNIOR RACE TEAM**

By: Susan Kaczmarek & Lorne Luhta  
Coaches

A program built around a love of skiing, year round training, development of excellent technique and five months of skiing on the best trails in the province continues to pay off. It has developed skiers who dominate the Ontario skiing scene and who are now making their mark at the National level.

The Junior Race Team members racing over this past season were:

Juniors - Mallory Deyne, Robb Martin, Geoff Sutton, Bibiane Mahy. Juveniles - Natasha Kullas, Martha Sutton, Ghislain deLaPlante, Veronic Massicotte. Two other racers also participated for part of the season but left because of illness and work commitments.

The team raced at all 4 Ontario Cup Race weekends (North Bay, Deep River, Thunder Bay and Duntroon) and were consistently on the podium.

Seven team members went to the National Championships in Charlo New Brunswick with exciting results. Our Challenge girls relay team of Mallory, Bibiane and Natasha set us off on a strong footing - completely dominating the skate relay race to take Gold on the first day.

Subsequently over four races we saw 15 top ten results and notably the following top five:

Fifth place for Robb in the long distance skate, a 5th for

Bibiane in the classic sprint, a 5th for Mallory in the classic race, and a heart breaking close 4th place finish for Veronic in the long distance skate.

Our crowning medal performances came from Mallory and Natasha. Mallory took a Bronze medal with a strong 2nd place performance in the skate portion of the pursuit, while the "jewel in the crown" went to Natasha who wowed everyone by taking 4 Gold medals - one in every single race thus securing the Juvenile Girls National Championship title.

**National Age Group Ranking**

Robb Martin	13th	Junior Boy
Bibiane Mahy	5th	Junior Girl
Mallory Deyne	6th	Junior Girl
Natasha Kullas	1st	Juvenile Girl
Veronic Massicotte	8th	Juvenile Girl
Martha Sutton	25th	Juvenile Girl
Ghislain deLaPlante	27th	Juvenile Boy
Andrea Dupont	20th	Open Women

-University of Waterloo

The PSR Club is ranked 10th in Canada. We do not have paid coaches and we have a very small team with only one senior skier.

Natasha and Robb traveled with the Ontario Winter Racing Team to Colorado right after the Nationals for the Spring Series and had respectable performances in an International field.

**DEVELOPMENT TEAM**

By: Susan Kaczmarek & Lorne Luhta

Two female midget ski racers, Brianna and Bridget Yard, competed successfully at the Ontario Cup Race in Duntroon with Brianna Yard winning two medals. They both went to the

Ontario Winter Games in Barrie and Brianna won a bronze medal in the sprints. These girls are joining the junior team to train for next season.

Cross country skiing involves a team effort to support each individual performance.

Appreciation is extended to Greg Deyne, Yvan Massicotte, Larry Mahy and all of the parents for their support in training, waxing, and fund raising. The PSR Board and club members are also thanked for their support.

Anyone interested in joining the team is asked to contact Lorne Luhta or Susan Kaczmarek now so that they can start training with the team for next season. Training begins again on May 1st!

**BIATHLON**

Porcupine Ski Runners does not have a biathlon team, however, several members of the club complete in biathlon as part of cadet teams. Gislaine deLaplante received the Miriam Bédard Award at a competition in Val Cartier, QC. He was competing with the Air Cadets from Iroquois Falls. Veronica Ricard together with her team mates, Desirée Gagnon and Tiffany Garnett won silver in Sault Ste Marie while representing the No. 1884 Timmins Legion Army Cadet Corps.

Timmins Tiger Sea Cadets, coached by Dwayne Sutherland, had good performances at biathlon competitions but we were unable to get those results before press time.

**JACKRABBIT REPORT**

By: Suzanne Dupont - Jackrabbits

Spring has arrived and with it brings the Jackrabbit Program to an end. This has been a great season for the “learn to ski” program. We registered 59 skiers, had a team of 10 leaders and high attendance throughout our Sunday groups. This year the skiing season was extended to include skiing during the March school break with our year end celebration held on March 28.

Some kids skied a lot of kilometers this season. Honorable mention go to Peyton Arnold, level 1, 43 kilometers; Calista and Parker Arnold, level 3, 75 kilometers; Liam McGillis, Level 4, 317 kilometers; Ethan McGillis, Level 5, 439 kilometers; Emily Disley, Level 5, 250 kilometres.

We thank our leaders for their commitment to the kids and the sport. A big thank you to Colinda Secord, Level 1; Ruth Roy, Level 2; Larry and Samantha Stewart, Level 4; Dustin and Spencer Hughes, Level 3; John Hardy and Norm Disley, level 5. Also Denis Brûlé, Gilles Rocheleau, George Stewart and all the parents who were always so helpful to ensure that lessons and the time trial ran smoothly. We hope that you stay fit throughout the rest of the year. Enjoy the great outdoors, have a good summer and hopefully see you next winter.

*Suzanne has informed us that she cannot continue as Jackrabbit coordinator next season. Larry Stewart and Norm Disley have*

*agreed that they will ensure that the program continues by organizing the Sunday training sessions. However, we need a person to be the coordinator. That means looking after registrations, organizing groups, ordering supplies and such things. With Larry and Norm as front line assistants, this should be a satisfying job. If you are interested, please contact the President, Dave Mader (235-4026) or me, Gerry McNair (264-9093).  
Ed*

**1000 km CLUB PARTICIPATORS' CLUB**

Near the end of March as I was heading out for a ski, I met Carole as she was skiing back to the chalet. I stopped and asked her how she doing in getting to her goal. “Great”, she replied, “I have only 9 more times to go.” As you might guess, her objective was to become a “nut”. That’s right (cross country skiers are like that) she was striving to complete what she set out to do - ski on at least 100 days during the season.

Thanks to Diane Luhta for compiling the data that exists in a very “raw” state on that big board in the chalet. Thanks also to Charlie Vaillancourt for his drafting skills last fall when he drew in all the little lines on that big chart. And thanks to all the members who participated in these two clubs - we hope that you were able to reach the goal that you set for yourself.

Recognition of creditable achievement in the 1000 km and

Participators clubs will be done at the Annual General Meeting on May 11 at the chalet (7 PM).  
See Pages 11 - 12 for Standings

**LOPPET SPONSORS**

We greatly appreciate the contributions from the sponsors of this year's loppet. A sincere thank you to each of them.

**Northern Sports, Porcupine Pro Hardware, BH Martin Consultants, Roland Mitchener Secondary School, PSR Race Team, PSR Masters Team, Northern College, ON Trac, Ontario Power Generation, High Line Power, Passaw Construction, MADD Canada**

**2004 LOPPET RESULTS**

**25 km Classic - Female**

1 Renée Duval 02:05:56

**25 km Classic - Male**

1 Brad Hogg 01:41:35  
2 Stan Vasilianskas 02:54:00

**25 km Freestyle - Female**

1 Mary-Ann Martin 01:38:59  
2 Diane Luhta 01:47:51

**25 km Freestyle - Male**

1 Robert Coderre 01:14:08  
2 Lorne Baribeau 01:14:09  
3 Pierre Dulac 01:15:13  
4 Mario Couturier 01:17:35  
5 Anthony Story 01:24:25  
6 Erik Luhta 01:26:44  
7 Ray Denis 01:27:14  
8 Pierre Lemire 01:28:30  
9 William Deubelbeiss 01:29:31  
10 Tyler Spigarelli 01:31:02  
11 Barry Story 01:32:44  
12 Larry Stewart 01:35:09  
13 Yvon Sévigny 01:36:22  
14 Gerry Perreault 01:36:53  
15 Chris Wright 01:37:04  
16 Scott Gilligan 01:39:11  
17 René Lacasse 01:45:45

18 Dale Columbus 01:55:21  
19 John Lenz 02:24:44

**17 km Classic - Female**

1 Laurie Bezzubetz 01:14:28  
2 Cynthia Foy-Malette 02:09:51  
3 Vicki Bernstein 02:39:45

**17 km Classic - Male**

1 David Vodusek 01:19:25  
2 John Tuovinen 01:24:54

**17 km Freestyle - Female**

1 Carol Farintosh 01:03:21  
2 Sarah Campbell 01:17:25  
3 Brenda Ceasar 01:18:28  
4 Wendy Mairs 01:20:17  
5 Joanne Blood 01:24:45  
6 Trish Gibson 01:28:57

**17 km Freestyle - Male**

1 John Hardy 00:57:14  
2 David Mader 00:58:25  
3 Rick Isaacson 01:00:24  
4 Denis Brûlé 01:04:23  
5 Raimo Peltoniemi 01:05:38  
6 Peter Kalliomaki 01:12:10  
7 Ray Vickers 01:15:17  
8 Damien Duff 01:19:08

**10 km Classic - Female**

1 Nancy Wood 00:54:43  
2 Denise Vickers 00:59:21  
3 Kristin Francis 01:05:32  
4 Julie Coderre 01:05:54  
5 Kaylan McDonald 01:07:04  
6 L. Clayton-McGillis 01:12:42  
7 Helene Pace 01:17:14  
8 Angèle Bastien-Huot 01:17:30  
9 Janet Riopel 01:20:15  
10 Kathy Francis 01:32:40  
11 Helen McDonald 01:32:56  
12 Helen LaBine 01:37:07  
13 Sophie Richard 02:19:37

**10 km Classic - Male**

1 Luis Isaacson 00:42:06  
2 Richard Wagner 00:53:17  
3 Michael Kean 01:06:24  
4 André Perreault 01:16:42  
5 Harry Pace 01:17:15  
6 Chris Huot 01:19:15

**10 km Freestyle - Female**

1 Brenda Finnila 00:39:59  
2 Melissa Benoit 00:44:30  
3 Carole Massicotte 00:45:20  
4 Kim Wagner 00:46:29  
5 Julie Massicotte 00:48:24  
6 Samantha Demers 00:49:00  
7 Jessica Demers 00:51:55  
8 Paula Paquette 01:01:06

9 Tina Petroni 01:01:07  
10 Jamie Lindsay 01:04:35  
11 Kirsten Elvestad 01:04:41  
12 Donna McTiernan 01:11:09  
13 Abby Canie 01:31:45  
14 Emily Disley 01:31:47

**10 km Freestyle - Male**

1 Dane Freake 00:32:34  
2 André Lajeunesse 00:36:53  
3 Denis Touchette 00:38:06  
4 Gilles Rocheleau 00:46:22  
5 Richard Demers 00:46:28  
6 Jean-F. Gamache 00:48:21  
7 Alex Ciccone 00:49:26  
8 David Paquette 00:50:24  
9 Mario Ciccone 00:56:58  
10 Eric Ciccone 00:57:16  
11 Chris Paquette 00:59:20  
12 Corey Paquette 01:00:48  
13 Marcel Paquette 01:06:44  
14 Real Paquette 01:09:47  
15 Gary Perkins 01:10:57  
16 Dylan McTiernan 01:11:10  
17 Roddy Huot 01:16:27  
18 Liam Disley 01:18:17  
19 Norm Disley 01:18:19  
20 Stéphane Cantin 02:19:39  
21 Jonathan Bussièrès 02:19:41

**5 km Classic - Female**

1 Caroline Coderre 00:41:15  
2 Emilie Brûlé 00:43:21  
3 Erin Brûlé 00:45:37  
4 Laurie Lemire 00:57:55

**5 km Classic - Male**

1 Ian Farintosh 00:36:42  
2 Liam McGillis 00:37:12  
3 Colton LaBine 00:58:14

**5 km Freestyle - Female**

1 Brianna Stewart 00:21:11  
1 Samantha Stewart 00:21:11  
3 Annick Sévigny 00:24:44  
4 Joëlle Sévigny 00:26:27  
5 Linda Sévigny 00:26:38  
6 Johanna Coderre 00:27:01  
7 Danielle Lemire 00:34:19  
8 Donna Farintosh 00:36:45  
9 Geneviève Lamarche 00:43:07

**5 km Freestyle - Male**

1 Ethan McGillis 00:25:18  
2 Stuart Farintosh 00:26:59

**1000 km CLUB - STANDINGS**

	# km
<b>That Little Extra</b>	
Ray Denis	2368
Robert Coderre	2308
John Hardy	2296
Mallory Deyne	2059
Sue Kaczmarek	2034
<b>1000+ km</b>	
Greg Deyne	1876
Robb Martin	1648
Veronic Massicotte	1645
Natasha Kullas	1638
David Mader	1565
Geoff Sutton	1501
Lorne Luhta	1500
Laurie Bezzubetz	1455
Larry Stewart	1410
Stan Kaczmarek	1388
George Stewart	1367
Irvin Garlock	1355
Jane Schultz	1355
Alfie Gross	1345
Gerry Perreault	1308
Diane Luhta	1300
Bibianne Mahy	1281
Raimo Peltoniemi	1280
Germain Lauzier	1275
Paul Smith	1268
Mary Ann Martin	1248
CA Cumming	1230
Erik Luhta	1205
Don Keddie	1168
Brenda Ceasar	1160
Mike Cousineau	1159
Joanne Blood	1143
Ron Zgud	1141
Denis Touchette	1122
Martha Sutton	1045
Gerry McNair	1030
Claude Gagnon	1027
Ralph McKinnon	1026
Bob Ethier	1012
<b>500+ km</b>	
Pierre Lemire	970
Ruth Roy	947
Norm Disley	921
Kim Wagner	900
Nick Kanya-Forstner	775
Joe Vodusek	741
G St Jean	719
Paul Kleinhuis	715
Rene Lacasse	682
Mary Londry	680

Mike Sech	675
Dave Schultz	641
Robin Cumming	639
Debbie Cecconi	624
Trish Gibson	618
Flo O'Malley	614
Susan Sutton	611
Dave Vodusek	607
Anne Mascioli	601
Peter Greenaway	600
Leata Rigg	587
Liza Stewart	584
Darlene Leduc	575
Tom MacKay	564
Tori Feldman	558
Noella McNair	547
Tory Kullas	544
Celine Tarlton	542
Mike Columbus	537
Larry Labelle	535
Jim Hayes	518

**PARTICIPATORS' CLUB**

	# Days
<b>Platinum (Nuts) 100+ Days</b>	
Mallory Deyne	138
Veronic Massicotte	130
Robert Coderre	120
John Hardy	114
Natasha Kullas	110
Mike Sech	108
Alfie Gross	107
Martha Sutton	106
Sue Kaczmarek	105
Denis Touchette	103
Ray Denis	103
CA Cumming	102
George Stewart	101
Lorne Luhta	101
Greg Deyne	100
Mike Cousineau	100
Robb Martin	100
<b>Gold 75 - 99 Days</b>	
Bibianne Mahy	97
Mary Ann Martin	96
Laurie Bezzubetz	95
Charlie Vaillancourt	92
Ron Zgud	91
Diane Luhta	89
Geoff Sutton	89
David Mader	85
Erik Luhta	83
Brenda Ceasar	82
Joanne Blood	81
Paul Smith	81

Ruth Roy	81
Susan Sutton	81
Brianna Yard	80
Bridget Yard	80
Gerry Perreault	80
Irvin Garlock	80
Joe Vodusek	80
Bob Ethier	79
Debbie Cecconi	79
Kim Wagner	79
Stan Kaczmarek	79
Tory Kullas	79
Claude Gagnon	77
Gerry McNair	76
Mary Londry	76
Don Keddie	75
<b>Silver 50 - 74 Days</b>	
Larry Stewart	74
Norm Disley	73
Leata Rigg	69
Germain Lauzier	67
Raimo Peltoniemi	67
Darlene Leduc	61
Paul Kleinhuis	61
Celine Tarlton	60
G St Jean	60
Flo O'Malley	59
Jane Schultz	59
Jean Guy Drainville	59
Brianna Stewart	57
Deneige Hopkins	57
Gail Davies	56
Dave Vodusek	55
Del Baker	55
Noella McNair	55
Anne Mascioli	54
Ralph McKinnon	54
Mike Columbus	53
Robin Cumming	52
Jim Hayes	51
Trish Gibson	51
Pierre Lemire	50
<b>Bronze 25 - 49 Days</b>	
Rene Lacasse	49
Nick Kanya-Forstner	47
Larry Labelle	47
Samantha Stewart	47
Sarah Campbell	47
Emily Disley	45
Jim Bielek	44
Tori Feldman	42
Jessica Demers	41
Liza Stewart	41
Don Sutton	39
Peter Greenaway	39

Tom MacKay	37
Abby Canie	36
Tim Molenaar	36
Dave Schultz	34
Julie Coderre	33
Dorothy Smith	32
Johanna Coderre	25
Paula Davidge	25

If you need to get into the chalet or garages during the off-season, contact one of the following:

Gerry McNair	264-9093
Gerry Perreault	264-6939
Yvan Massicotte	268-9102

***Fundraising for the Trail Lighting Project is with the collaboration of the 'Wintergreen Fund for Conservation', whom we thank for their ongoing support.***

If you wish to donate, please complete the form below:

PSR Lights Application Form

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Province: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

I would Like to purchase \_\_\_ light poles at \$500 each for a total of \$\_\_\_\_\_  
 Please state preferred location of Pole (See table below & contact Stan for pole locations) #\_\_\_\_\_  
 Or/I would like to purchase \_\_\_ metres of trail lighting at \$45 per metre for a total of \$\_\_\_\_\_  
 Or/I would like to make a contribution to this project other than the above for \$\_\_\_\_\_  
 A tax receipt will be issued to all contributions of \$10 or more.

Please make cheques payable to: **Wintergreen - PSR Trail Lights**  
 Mail to: **Wintergreen Fund For Conservation**  
**100 Lakeshore Road**  
**Timmins, Ontario P4N 8R5**

Light Pole Locations still available:

18	25	41	43	44	49	51	52	53	54	55	58	59	60
66	67	76	84	85	102	103	104	106	107	108	109	110	111
112	113	114	115	117	118	P1	P2						

Note: Poles 101 to 119 are on the last part of the RED and P1 and P2 are the two parking lot lights.