



# The Inside Track

A Newsletter for Members of Porcupine Ski Runners

Fall Issue

October, 2004

**There are some important changes that have been implemented for this season.**

Please check for details in this issue.

- ◆ Membership Fees
- ◆ Jackrabbit Registration
- ◆ CCC Calendar
- ◆ Snowshoe Trails

**November 28, 2004**

**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

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## ENCLOSURES

Along with this issue of *The Inside Track* we have included:

1. Membership Application form
2. Return envelope
3. 1000 Pins and Participant's certificates for those who didn't pick them up last May

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## MEMBERSHIP

The membership application form has been redesigned. As detailed in the Spring Issue of *The Inside Track*, membership fees have been increased in response to increased costs and the application form now shows the breakdown of where the money goes.

Please complete the form carefully and include 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.

Payment for children to register in the Jackrabbit program must now be made with the membership application. The Jackrabbit program is available to members only so we are asking that both fees be paid at the same time. There will be a follow-up registration to assign Jackrabbits to their groups and to collect all the information needed by the leaders.

There is one other addition to the application form - CCC Calendar. Please read Greg

## Locker Renewal

**Please renew locker rentals along with your membership application by:**

**November 30, 2004**

**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**

Deyne's report on this initiative and consider supporting this worthwhile effort by purchasing a calendar.

We have now added the designation *Cross Country Ski & Snowshoe Club* to our name. Of course, that means that we have cut snowshoe trails. If you have a membership to ski, then you can use the snowshoe trails without additional cost. We are also accepting members who will be using only the snowshoe trails. There is a separate application form for these members and should the "snowshoe only" option interest you, the form is available at the chalet, on our website or by calling me (Gerry) at 264-9093. Please remember to pass on this information to any persons that you think might be interested in snowshoeing. For more

information read Larry Labelle's report in this issue.

We continue to ask for donations. There are tentative plans to replace the chalet with a new building that will have many more lockers and much larger and improved space. Please consider supporting this future project. We are keeping track of these donations and we'll direct it toward the chalet project. To date, over \$10,000 has been donated (since the trail lighting project was completed) and that's a start. Obviously we can't fund the entire building through these donations but it is a significant start.

**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 six and twelve. Registration will be held at the chalet on Sunday, November 28 between 10:00 A.M. and 4:00 P.M. The registration fee remains the same as last year's \$25.00 per child. Note that this fee must be paid along with the membership fee.

Sessions will be on Sundays and start in January. We are planning to have the sessions continue after the school spring break. We tried this last year and it seemed to be appreciated and a success.

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.

Larry Stewart (268-1062)

**SKI SWAP**

The PSR Race Team will be holding a ski swap on Sunday, November 28, 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.

This year they will not accept the old "3-pin" skis nor boots.

2004 - 05		Executive
Name	Position	Phone
Dave Mader	President	235-4026
Lorne Luhta	Vice-President/Coach	235-8048
Roy Baumgart	Secretary/Facilities/Membership	267-2759
John Hardy	Treasurer	268-4448
Directors		
Joanne Blood	Jackrabbits	360-5752
Denis Brûlé	Facilities	268-5952
Rick Cecconi	Webmaster	
Greg Deyne	NOD Representative/Coach	235-3564
Stan Kaczmarek	Fund Raising/Events	267-3187
Victoria Kullas	Jackrabbits	267-6988
Larry Labelle	Snowshoe Trails	268-8271
Germain Lauzier	Trails/Facilities	267-3830
Diane Luhta	Schools/Events/Newsletter	235-8048
Yvan Massicotte	Trails/Facilities/Coach	268-9102
Gerry McNair	Membership/Newsletter	264-9093
Noëlla McNair	Publicity	
264-9093		
Gerry Perreault	Equipment/Facilities	264-6939
Ruth Roy	Membership	268-8762
Larry Stewart	Jackrabbits/Facilities	268-1062
Don Sutton	Events	235-2864

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, Nov. 28** 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, Nov. 27** 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 item(s) 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 Mary-Anne Martin (264-7488) 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 \$15 fee. This 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 Mary-Anne Martin (264-7488) or Don Sutton (235-2864), 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.

Hope to see you at the Ski Swap.

**SUPPORT CANADIAN SKIING**

By: Greg Deyne

You will notice on this year's application form there is a check off box for a project podium calendar. The Project Podium Calendar is an initiative of Cross Country Canada to raise vital funds for the support of elite ski programs in Canada. All of the profits from calendar sales go directly to supporting the high performance programs of Cross Country Canada and the PSR junior race team.

Order your 14 month calendar (November 2004 to December 2005) and help ensure that other Canadians skiers will follow Beckie Scott onto the Olympic podium in years to come! This year's calendar will feature more pictures, comprehensive race schedule, coaches tips and a much larger 10.5 x 24 inch format

These high quality, full colour calendars cost only \$15, and shipping and taxes are included.

**SNOWSHOE TRAILS**

By: Larry Labelle

This will be the first year for snowshoe trails at Porcupine Ski Runners and development is well under way. With the help of Gerry McNair and Paul Kleinhuis the first trail is complete and ready for snow. A second trail is planned for this year and a third will probably be completed next year.

These trails will be kept narrow and winding between the trees. This will allow for a pleasant stroll

in the bush, out of the wind but (there's always a "but") no groomers or snowmachines will be able to navigate these trails. So all tracking will be done by the users. First one down the line after a snow fall gets the best workout. Breaking trail, even on the coldest day, will keep you warm.

**SUMMER WORK**

The summer and fall months that precede each ski season is a time of preparation for the first snowfall. Some tasks are repeats for every season such as equipment maintenance, facilities repairs and updating signs. Others are larger tasks involving noticeable changes. This year we had the development of snowshoe trails - described by Larry Labelle- and trail improvements which is described by Diane Luhta in the following report.

**JUST LIKE THE MOUNTAINS**

By: Diane Luhta

Skiers can pretend they are skiing in the mountains (and I stress pretend ) as they pass by the rock cliffs on the new bypass on the Olympic trail. Volunteers, led by Lorne Luhta, cut the trees and a hired backhoe smoothing the ground afterwards. Approximately seven thousand dollars was spent making these improvements which consisted of:

1. A bypass was cut around the "wall" (steep uphill) near the beginning of the Olympic Loop so you will now have a more gradual

- climb. This will be easier for the grooming equipment to handle. No more herringbone there! Hurray!
2. A sharp right downhill turn has been taken out and the trail now goes straight and then uphill to cross the snowmobile trail at a high point rather than the dangerous crossing in the gully.
3. Instead of finishing along the gasline in a swamp the trail now goes to the right and onto higher ground past some rock cliffs. Just like the mountains! This should extend the season for that loop by two or three weeks in the fall and spring.

Thanks to all of the skiers who volunteered to improve this trail and make it safer for all skiers and just like skiing "in the mountains!"

**FREE**

***Learn To Skate Ski Lessons***

***(For club members only)***

***December 13 to 16***

***7 P.M. to 8 P.M.***

***To Register Please Call***

***Diane at 235-8048***