



The Inside Track

A Newsletter for Members of Porcupine Ski Runners

Spring Issue

April, 2005

Tribute To David Mader 1955 to 2005

David left his mark at the Ski Runners and it wasn't always in the snow on some tricky downhill while trying to keep up with the Masters group in the Keskinada.

He was an excellent club President who was on top of every aspect of the club, while encouraging every new suggestion with enthusiasm. Tremendously well organized, David was always willing to lend a hand in any club endeavour, from organizing the Loppet to hosting an open house, to being on a relay team.

He made many friends with his enthusiastic, energetic ways and he will be missed.

Diane Luhta

PRESIDENT'S MESSAGE

As many of you already know, our president, Dave Mader, passed away in March. He will truly be missed. As vice-president, I have assumed the post of acting president for the remainder of the season.

In summary, during the 2005-06 season we had a record membership. Our dedicated crew of volunteers made some trail improvements last fall, cut new growth on all the existing trails and groomed and track-set on a regular basis which also included maintaining all the equipment. This resulted in providing our members with some of the best ski trails in the country.

New developments this

year included the introduction of snowshoeing at our club. This was so well received that we are planning to expand the snowshoe trail system.

Our ski team was very successful this year. They won many provincial awards and the

team was ranked 7th out of 59 teams at the Canadian Championships. Bibiane Mahy was the overall Canadian Junior Girls Champion this year becoming the fourth skier in our club's history to become an overall Canadian Champion. The racing

PORCUPINE SKI RUNNERS

ANNUAL GENERAL MEETING

May 10, 2005 7:00 P.M.

Porcupine Ski Runners Chalet

All members are invited to attend

1000 km, Participators & Other Awards will be presented

team development program was in full gear as it groomed future racers for our ski team. The skiers in our masters racing program are getting faster every year. The Jackrabbit children’s “learn to ski program” had a large enrolment. Our adult, learn to ski program, held under the lights, and our ski waxing clinics were very popular.

Activities put on by our club included the Volunteer Appreciation night, the annual Loppet, the Twelve Hour Challenge and the Rookies vs. Veterans relay. For the second year in a row we held the Sprint Series under the lights in which “sprinters” between the ages of 7 and 65 participated. We also hosted a successful on-snow training camp in early December for junior racers from across the province. This was held in conjunction with a level 2 coaching course, which also had provincial participation.

Many groups throughout the City use our facilities. Nearly every weekday one or more schools bring students out to experience cross country skiing and snowshoeing. Athletes from the Special Olympic program train at our club as well as the cadets on military biathlon teams.

The next season will continue to be as busy or busier than the last. Trail improvements are planned both for skiing and snowshoeing. However our main focus will be planning and fundraising for a new chalet.

I would like to remind you that the trail work, running the programs and events mentioned

above as well as facilities maintenance, cutting firewood, running our bingo, developing and maintaining the website and all of the administrative work and management is done on a volunteer basis. This effort has made our club into the largest recreation organization in Timmins.

We are always looking for additional help. If you are interested in becoming a volunteer, contact a board member or e-mail us at directors@porcupineskirunners.com.

I, personally, would like to thank our board of directors and volunteers for their dedication in making this past season a successful one.

Lorne Luhta

WHAT’S NEW

By: Gerry McNair

For several years we have been entertaining the idea of a new chalet. We have become somewhat more serious about the project in the last couple of years. Discussions have ranged from where it should be located, to how large it should be and to how its construction will be funded. We don’t yet have all the answers but we do have some of them and planning is continuing.

It would be nice to build a new chalet on a high ridge overlooking our trail system but for practical reasons, it will be located where the present chalet now sits. Our first thoughts were to build the new facility in stages

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	3
EQUIPMENT/TRAILS	3
LESSONS	4
1000 km CLUB	4
12 HOUR CHALLENGE	4
ROOKIES vs VETS	4
SCHOOLS & GROUPS	4
JACKRABBITS	5
FINANCIAL SUMMARY	5
BUDGET 2005-06	5
JUNIOR RACE TEAM	6
DEVELOPMENT TEAM	7
LOPET SPONSORS	8
LOPET RESULTS	8
1000 km RESULTS	9
PARTICIPATORS’ RESULTS	9
ROOKIES vs. VETS RESULTS	10
WAX SALE	10
MEMBERS’ COMMENTS	11
NEW CHALET	11
NEW CHALET - SKETCH	12

while keeping the existing chalet in place. The old buildings would eventually all get replaced but cost and effort would be spread over a number of years. The City planners have informed us that we won’t be able to get a permit to proceed in that manner. So, when we proceed with the building plan, it will be a big undertaking that will have to be completed in a single April to October period.

At the present time, we are

developing design plans for the building. While this is proceeding, we are researching sources of funding to assist with the cost. When work does get underway, we will again be counting on the volunteer labour of our members because the actual dollar cost of the construction can be greatly reduced if we do as much of that work as possible ourselves. And that, of course, is the Porcupine Ski Runners way of doing things.

It takes a considerable amount of time and many different versions before a practical floor layout can be finalized. Getting agreement on the exterior and interior appearance can be equally difficult to achieve. The building must feature open space to accommodate large groups, washrooms, change rooms, storage, office, and kitchen. And then, we cannot forget the need for a greater number of lockers.

We have decided that a two storey chalet is the most practical style with a locker room as a single storey add-on. There is a drawing on the back page of this newsletter which shows one possible design that we are considering. I have no doubt that we will be making a number of changes before the final design reaches consensus.

If you wish to contribute some ideas that you may have regarding this project, please put them in writing and mail them to us - Attention: Gerry McNair or use email: gmcnair@ntl.sympatico.ca.

MEMBERSHIP

By: Gerry McNair

Setting new records is always fun and our 1172 members this year is a new record.

For those who like a statistical breakdown, these are the facts:

- 1172 Members
- 562 Applications (Total)
- 183 Family Applications
- 176 Adult Applications
- 76 Senior Members
- 35 Student Applications

The gals "out-membered" the guys again this year as there were 40 more females than males registered as members.

There is a lot of work to operate a non-profit club but the volunteers feel rewarded when there is an active and large membership. That makes it all worthwhile.

EQUIPMENT / TRAILS

By: Gerry Perreault

As the season came to a close, we realized that this winter was one with the least snow for a season. Our biggest snowfall was under 15 cm and the average was 5 to 10 cm. For trail grooming, it is very difficult to work with so little new snow because, once tilled, 10 cm of snow becomes less than half that depth. Our snow base remained small all season.

Fred Stiles, Rick Mahon, Chris Cantwell, Don Sutton, and Jack Yard were our groomer operators. Germain Lauzier, Gerry McNair, Denis Brûlé, Jack Yard, and Gerry Perreault were the track

setters. Dave Mairs assisted on a couple of welding requirements.

We had one weekend where both groomers failed due to hydraulic problems and the trails were not done until the Monday. Even though we try to eliminate "down-time" by keeping a stock of oil and some spare parts, we must still contend with burst hoses and some mechanical failures.

The total time logged for both groomers was 112 hours which is about half the time the machines operate in a normal season. We still managed to have excellent skiing until early April.

We have started our usual spring repairs and checks on all of the equipment so that we will be prepared for a trouble free year next season.

The trail improvements, done by ditching and installing some new culverts in the fall of 2004, were noticeable as no ground water affected the interior trails at the start and end of the season. We hope to continue this program to improve other trail sections. There are also plans to relocate sections of the Olympic and Yellow trails to avoid water both at the start and end of the season.

I must thank everyone for their support as I was away 25 days this season. If I have missed naming some persons who helped with trails, I apologize but you know who you are and we appreciate your help. Enjoy your summer and we will be back calling everyone for help next September and October.

LESSONS

By: Diane Luhta

About 35 club members were given free lessons this year. They were offered in three sessions lasting over four consecutive evenings.

Thanks to Trish Gibson, Rhys Lucas, Karen Trimble and Lorne Luhta for assisting with the biggest group. Unfortunately, the cold weather prevented further teaching as I found the beginner skiers were getting too frustrated skating in the cold conditions.

1000 KM CLUB

By: Diane Luhta

It was the third best year in PSR recorded history with 46 skiers reaching 1000 or more kilometres. Four overachievers reached the 2000 km mark and 74 members skied 500 km or more.

The beautiful March weather made the skiing very enjoyable and the kilometres just clicked away.

Twelve skiers were out on more than 100 days with Mike Sech skiing on a remarkable 127 days.

The list of individual achievers is on page - 10 - . Thanks to Diane for sorting out all those names, distances and times skied. Ed

TWELVE HOUR CHALLENGE - March 26th

By: Diane Luhta

An absolutely perfect day in March enabled 46 athletes to strive to do

their best in this club challenge. David Vodusek, this year's comeback kid, led the way with a whopping 115 km in one day with much of it on the Olympic Loop. Ray Denis proved that being over 50, with a back full of hardware, is no deterrent to a man with a mission. He was close behind David with 111 km and was matched by Robert Coderre and Robb Martin.

Wendy Mairs was the top female with 65 km followed closely by Diane Luhta who set a new club record for a 58 year old woman skiing 60 km without poles because of an arm injury. Admittedly, most of it was done on the geriatric South Porcupine Loppet Loop.

Thanks to Dave Mairs for flipping pancakes for all the hungry and tired bodies.

ROOKIES vs. VETS RELAY

By: Jack Yard

The main event of the season was held on April 2nd under a beautiful blue sky. A total of 18 rookies took on 18 veterans for the coveted trophy that also carries bragging rights for one year. It was close but in the end, old AGE beat out youthful enthusiasm. The Veterans aggregate team time over the 36 km course was 13 minutes and 24 seconds ahead of the Rookies. However, this is only half of the story. The Dream Team race which correlated the six fastest times from both contingents saw the Rookies edge out the Vets by a decisive 28

seconds over a 12 km course. Obviously, a case of the old "Tortoise vs. Hare" syndrome. In any case, the Rookies were the best dressed team hands down and the Veterans can rest on their considerable laurels for yet another year. The top male racer was Robb Martin followed by David Vodusek and Ghislain deLaplante. The top female was Natasha Kullas followed closely by Veronic Massicotte and Bibiane Mahy. Thanks to Sue Kaczmarek and David Vodusek for organizing the teams.

Results on Page - 10 -

SCHOOLS & GROUPS

By: Diane Luhta

Ten schools used the PSR trails this year with Ecole Anicet -Morin using the ski & snowshoe trails for gym classes for Grades 4 to 8. The schools that participated are:

- Ecole Don-Bosco
- Golden Avenue P.S.
- E.S. Theriault
- Schumacher P.S.
- Queen Elizabeth P.S.
- Ecole St. Charles
- W.E. Miller P.S.
- Trinity Christian School
- Ecole Anicet-Morin

It is difficult to give the actual number of skier days since schools came for varying time periods but I estimate that there were roughly 5000 skier days this year.

JACKRABBITS

By: Ruth Roy

The snow is gone and the trails are muddy; so ends the cross country ski season. There were 70 young people registered for the Bunnyrabbit, Jackrabbit, and Track Attack Program, and they were led by 15 Leaders and many helpers. The children enjoyed themselves and learned many new skills including skiing longer distances such as the 5 km Red and 7.5 km Junior Olympic trails. We celebrated the season's end by having a bonfire, roasted wieners and marshmallows while we chatted about the season.

Our Bunnyrabbit leaders Louise, Robert and Shaun handed out First Step ribbons to their group. Thanks for such a wonderful winter program for these little skiers. Cheers to all the other Leaders John, Mike, Karin, Larry L, Larry S, Gilles, Chris, Denis, George, Norm, Samantha, Brianna, Abbey, Emily and all the regular helpers. Thanks Kelleigh for being available just about every Sunday for juice and cookies. Thank you to the parents who were diligent on getting their children to the program on time.

Looking at the Bristol Board charts, I realize that a good number of Jackrabbits have skied many kilometers. These include the Arnold, Audet, Allard, Banks, and Huot families and many more. Although, due to time and other circumstance, we did not have the usual time trial, each group did go out and do their own time trail and

the times have been recorded. CBET courses, both Introductory and the next Level, will be offered again next season. Hopefully, over the summer months a snow playground will be created for teaching balance and other cross country ski skills.

Enjoy the summer and keep fit by bicycling, running, swimming and just having fun. See you next season and remember to register early. If you would like to lead a group, please feel free to contact me at 268-8762, as I will continue to coordinate the Jackrabbit Program for another season.

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, 2005. However, all of the income and expenses are probably accounted for and should not change by year-end.

With no major projects to pay for this year, the overall surplus was anticipated in our budget for the year. Surplus means we can set some money aside for future projects.

Operation	
<u>Income</u>	
Donations	6,837
Lockers	5,185
Day Fees	3,700
Membership	60,780
Jackrabbits	1,750
Other	1,710
Total Operation Income	79,962
<u>Expenses</u>	

Administration	4,959
Equip/ Trails	14,747
Events	603
Facilities/Insur	11,195
Upgrades	10,025
Jackrabbits	1,395
Property Tax	1,802
Utilities	9,866
Total Operation Expense	54,592
Income-Expenses	25,370

Non-Operation & Projects	
<u>Income</u>	
Bingo	20,839
Special Funding	26,152
Investment Inc.	1,323
Total Non-Operation Income	48,314
<u>Expenses</u>	
Bingo Expenses	5,488
Race Team	17,000
Total Non-Operation Expenses	22,488
Income - Expense	25,826

PROPOSED BUDGET SUMMARY 2005-06

By: John Hardy - Treasurer

Operation	
<u>Income</u>	
Donations	5,000
Lockers	5,200
Day Fees	3,000
Membership	59,000
Jackrabbits	1,800
Other	1,150
Total Operation Income	75,150
<u>Expenses</u>	
Administration	4,800
Equip/ Trails	18,000
Events	900
Facilities/Insur	12,800
Upgrades	9,000
Jackrabbits	4,000
Property Tax	2,000
Utilities	12,300
Total Operation Expense	63,800
Income-Expenses	11,350

Non-Operation & Projects	
<u>Income</u>	
Bingo	15,000
Total Non-Operation Income	15,000
<u>Expenses</u>	
Bingo Expenses	4,500
Race Team	13,000
Total Non-Operation Expenses	17,500
Income - Expense	-2,500

Note: During the 2005-06 financial year, financial planning for the Chalet Project will be ongoing. \$15,000 is budgeted for this preliminary work which our investments can cover. Fund raising to cover the cost of construction will be a major emphasis of the project in the coming year.

JUNIOR RACE TEAM

By: Jack Yard

Thunder Bay, Duntroon, Gatineau Quebec, Walden, Prince George B.C., Onaping: What do all these places have in common? Every one of these locations has hosted an important Cross Country Ski meet this past season, and the clubs in these towns and cities across Canada have experienced the strength and determination of the Porcupine Ski Runners Junior Race Team. This is a team of highly motivated and doggedly determined individuals who give no quarter to their competition, but unselfishly give support to one another in every aspect of this sport.

Like any team in any sport, the end result of each race or series of races, is a culmination of the efforts expended over a long period of time. Our racers have managed to maintain their focus and drive while keeping above

average marks in school, carrying on part time jobs, volunteering within our community and having a more or less normal life with their families and friends. They follow the example set out for them by the racers who went before them and, more immediately, their coaches who support them throughout the entire year.

So who are these young people and what have they been up to this past ski season? Let's take a quick look.

Robb Martin. Here is a young man who has the dedication and drive that sets him apart from just about anyone we see on the race circuit. He placed second overall in the OCPL (Ontario Championship Points List) for Junior Men and had some tremendous results at the "Nationals" in Prince George. His season began with some early snow training in Silver Star B.C. and later in Quebec. Robb has grown into a leadership role on the team and while he will be leaving us to attend university next year, there is no doubt in anyone's mind that he will continue to excel both scholastically and athletically. **GOOD LUCK ROBB!** We look forward to your new adventure next year.

Ghislain De Laplante. As a second year Juvenile Ghislain moved up to third on the OCPL. While still learning the intricacies of ski racing, Ghislain has served notice to all that he will be a force to be reckoned with in the years ahead. Living and attending school in Iroquois Falls has

presented some challenges to our youngest male racer; however, with the help of his parents and coaches, he has been able to dramatically improve his level of performance during the 2004-05 season. Ghislain also trains and competes in Biathlon at the elite level while still finding time to play the violin with the Timmins Symphony on occasion.

Ashley Kullas. Here is a person who has returned to racing this year, for the pure love of the sport. Her training both on and off the snow paid great dividends and she provided a steadying influence to all our racers. While Ashley is leaving us for university next year, we will all remember her grace and style under pressure. Congratulations Ashley for a great COMEBACK SEASON. Good luck next year.

Martha Sutton. Balancing her responsibilities of school, work (2 jobs), family, volunteering and training leaves one to wonder how this young girl finds time to get any rest during the ski season. Martha broke into the top 10 for the OCPL in the Junior Girls Division this year because she gave full effort to every aspect of her skiing this season. No one will be surprised when Martha moves up in the standings once again this coming winter and when Martha gets MEAN, the competition better look out.

Natasha Kullas. What can you say except that when you're "# 1" everyone is gunning for you so there's nothing to do but train harder, ski harder and take it to the next level? Natasha was on the

podium consistently at the Ontario Cup races and finished first in the Junior Girls division of the OCPL. She moved herself up to the Junior Women's division at the Nationals in Prince George. This was a gutsy move on her part as she challenged the best in the country on a higher level of competition. Not only did Natasha move up, she moved ahead to take 4th place overall in the aggregate totals at the Nationals. There will be a certain fire in her training this summer and you may just hear her whispering to herself, "Move over or get run over!" Great season Natasha.

Veronic Massicotte. "Vro" had a great season in the tough Juvenile Girls division ending up 4th overall on the OCPL. With appearances on the podium during the Ontario Cup Series and at Nationals she positioned herself well for her campaign in the Junior Girls division next year.

As the veteran of our juvenile team she provided a helping hand to our youngest racers whenever possible.

Brianna Yard. In her first year on the full race circuit, Brianna finished 6th in Juvenile Girls on the OCPL. Brianna qualified for the Ontario Team at Nationals and in her last "O" Cup race of the season she reached the podium with a Silver at Onaping. With another full year of racing as a juvenile, she has dedicated herself to reaching higher and going faster next year.

Bridget Yard. Although her sister Brianna is five minutes older, she's not five minutes faster. Bridget

chased her sibling to place 7th on the OCPL this past year. She has a determination that is the envy of all her friends and with next year being her second in the Juvenile Girls category, she has set some very lofty goals. Her Silver Medal at the NOD Championships has given her a taste of life up there on the podium.

Bibianne Mahy. CANADIAN JUNIOR GIRLS OVERALL CHAMPION in Prince George B.C.

Take determination, personality, dedication, training, personal goals and some true grit. Mix it all up and you get a Canadian Champion. Bibianne was able to overcome some tough conditions and parlay her superb conditioning and technique into a very special championship at the Nationals this year. Her training throughout the year allowed her to peak at just the right time. One of the true veterans of our PSR squad, Bibianne will also be off to University in the fall. Wherever she goes, her million-dollar smile and winning attitude will be a welcomed addition. Best of luck Bibianne!

Yvan Massicotte. Our Master Wax Technician kept everyone in the game, again this season. Whether your skis were first on the rack or last, elite racer or developmental team member, master skier or just a former PSR skier looking for some help waxing, Yvan was there to make sure that everyone had the best skis possible for their race. Thank you from the entire team.

Lorne Luhta, Susan Kaczmarek,

Greg Deyne. Coaches aren't ones to take praise easily or pat themselves on the back too often, so maybe we should just say THANK YOU to the absolute best group of motivators, trainers and role models that any race team in Canada would be proud to call their own. Thank you.

So there they are, your PSR Junior Race Team. While we say good-bye and good luck to Ashley, Bibianne and Robb, we look forward to exciting new additions to our team. In closing I want to say thank you to all the volunteers at our club who allow our racers to train under the most ideal conditions. Thanks to Stan's Bingo Gang, the trail groomers, and all the race parents and volunteers that make our club so strong. See you next year!

DEVELOPMENT TEAM

By: David Vodusek

The PSR Development Team has successfully completed an awesome ski season, filled with accomplishments for all the racers.

The primary goal for the Development Team is to provide young skiers with the opportunity to gain a variety of skills in a fun and rewarding atmosphere. The program follows Cross Country Canada's Development Model to develop balance, co-ordination and agility; encourage equal use of styles; learn from more experienced skiers; develop downhill abilities; and, practice a variety of sports demanding different skills. These young

athletes supported one another as a team and demonstrated excellent sportsmanship in their competitions. In the 2004-5 season, the following young athletes were part of this team, training together twice weekly:

David Bracken, Caroline Coderre, Johanna Coderre, Jessica Demers, Samantha Demers, Garrett Duff, Alex Girard, Ethan McGillis, Liam McGillis, Robin Secord, Brianna Stewart, Samantha Stewart.

David Vodusek (Coach)

Erik Luhta (Coach)

Julie Massicotte (Coaching Support)

Since the team began training as a group in November 2004, the skiers improved tremendously, and the results from this season reflect the commitment of both the racers and their parents. Race events that our Development Team took part in included the 49th Annual Hiawatha Invitational Nordic Ski Race held in Sault Ste. Marie, the Northern Ontario Cross Country Ski Championships at the Walden Trails and the Ontario Midget Championships in Onaping Falls. At each of these events our young racers proudly represented the PSR Club with several top ten finishes against the best in Ontario.

The development team and parents extend our appreciation to the Junior Race Team coaches Sue Kaczmarek, Yvan Massicotte and Lorne Luhta, and race team parents (the Kullas, Yard, Massicotte, Martin, Mahey, Sutton, and Deyne families) for

their waxing, guidance, fundraising and financial support. The team also extends a thank you to the Porcupine Ski Runners Board of Directors and the Club membership for their support and encouragement. Finally, the team would like to thank Julie Massicotte for her dedication as coaching support over the past three years. Julie is leaving the team in order to pursue her post-secondary academic studies -- we wish her much success in all her future endeavours!

The Development Team continues to train throughout the summer months, focusing on teamwork, sportsmanship and having fun with group workouts and races. As well, we are actively recruiting new team members for the 2005 / 2006 season. Anyone interested can contact David Vodusek at 235-5108.

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**
- Cousineau Fine Jewellery**
- Claude J. Gagon**
- Fleury's Independent Grocer**
- Chartrand Equipment**
- B.H. Matin Consultants Ltd.**
- Luzenac Inc.**
- Casey's**
- East Side Mario's**
- ON Trac**
- PSR Junior Race Team**
- PSR Masters**

2005 LOPPET RESULTS

25 km Classic - Female

- 1 Karin Trimble 01:53:04
- 2 Wendy Mairs 02:04:32

25 km Classic - Male

- 1 Rhys Lucas 01:27:07
- 2 Lorne Baribeau 01:30:25
- 3 Terry Link 01:40:15
- 4 Brad Hogg 01:43:34
- 5 Claude Castilloux 01:49:45
- 6 Chris Wright 02:00:42

25 km Freestyle - Female

- 1 Nathalie Thibeault 01:36:13

25 km Freestyle - Male

- 1 Maxime Laflamme 01:17:18
- 2 Justin Roy 01:17:19
- 3 Pierre Dulac 01:19:16
- 4 Yvon Sévigny 01:19:17
- 5 Mario Couturier 01:19:30
- 6 Robert Coderre 01:20:59
- 7 David Vodusek 01:21:44
- 8 Kelly Kramp 01:23:00
- 9 Greg Deyne 01:23:50
- 10 Larry Stewart 01:25:54
- 11 Raymond Denis 01:26:31
- 12 Pierre Lemire 01:29:10
- 13 Bill Gabbani 01:29:19
- 14 Erik Luhta 01:32:46
- 15 Elmer Saar 01:46:35
- 16 René Lacasse 01:50:34
- 17 Ray Raby DNF

17 km Classic - Female

- 1 Laurie Bezzubetz 01:20:40
- 2 Kim Wagner 01:31:35
- 3 Nancy Wood 01:41:32

17 km Classic - Male

- 1 Denis Touchette 01:33:58
- 2 Brad Fennuk 01:35:23
- 3 André Lajeunesse 01:41:13
- 4 David Krupka 01:44:15

17 km Freestyle - Female

- 1 Joanne Blood 01:25:40

17 km Freestyle - Male

- 1 Tylor Spigarelli 00:58:35
- 2 Rick Isaacson 01:04:37
- 3 Raimo Peltoniemi 01:05:34
- 4 Denis Brûlé 01:07:43
- 5 John Hardy 01:08:36
- 6 Damien Duff 01:15:26
- 7 John Tuovinen 01:21:37

10 km Classic - Female

- 1 Samantha Stewart 00:49:05
- 2 Julie Coderre 00:59:40

3 Janet Riopel	01:00:35
4 Debbie Cecconi	01:03:45
5 Angèle Bastien-Huot	01:06:17
6 Helene Pace	01:19:20
7 Kathy Francis	01:29:26
7 Leah Fedat	01:29:26
9 Helen McDonald	01:29:30
10 Johanne Turcotte	01:30:13

10 km Classic - Male

1 Rick Demers	00:41:07
2 Harry Pace	01:19:21
3 Roger Gosselin	01:30:11

10 km Freestyle - Female

1 Jessica Demers	00:41:47
2 Brenda Finnila	00:43:58
3 Samantha Demers	00:44:56
4 Liza Stewart	00:45:11
5 Sarah Campbell	00:48:12
6 Janet McRuer	00:55:08
7 Paula Paquette	00:59:16
8 Tina Petroni	01:00:54
9 Emily Disley	01:06:40

10 km Freestyle - Male

1 Dane Freake	00:38:54
2 Muël Girard	00:41:43
3 Peter Kalliomaki	00:45:51
4 Ethan McGillis	00:54:25
5 Corey Paquette	00:59:12
6 Chris Paquette	00:59:14
7 Roddy Huot	01:00:41
8 Liam Disley	01:06:45
Norm Disley	No Time

5 km Classic - Female

1 Jocelyne Isaacson	00:37:23
2 Caroline Coderre	00:42:25
3 Joan Locke	00:44:12
4 Kelly-Dawn Locke	00:44:37
5 Pam Kardas	00:47:26
6 Kristin Francis	01:06:42
7 Kaylan McDonald	01:06:43

5 km Classic - Male

1 John Shaw	00:41:36
2 Chris Kardas	00:44:10
3 Chris Huot	00:51:20
4 Francis Huot	00:51:24

5 km Freestyle - Female

1 Johanna Codeere	00:25:19
2 Lysanne Pinto	00:29:54
3 Joëlle Sévigny	00:30:30
4 Annick Sévigny	00:33:10
5 Linda Larivière- Sévigny	00:33:12
6 Suzanne Sévigny	00:36:34

5 km Freestyle - Male

1 Liam McGillis	00:26:50
2 Garrett Duff	00:26:51

1000 km CLUB - STANDINGS

	# km	
That Little Extra		
Ray Denis	2364	
Robert Coderre	2308	
Greg Deyne	2109	
Irvin Garlock	2085	
1000+ km		
Sue Kaczmarek	1925	
Dave Vodusek	1920	
Stan Kaczmarek	1870	
Claude Gagnon	1827	
Natasha Kullas	1665	
Bibianne Mahy	1641	
P Paquette	1496	
M Paquette	1408	
Raimo Peltoniemi	1401	
Germain Lauzier	1400	
Mike Cousineau	1380	
Martha Sutton		1352
John Hardy	1323	
Bob Ethier	1300	
Laurie Bezzubetz	1267	
Mary Ann Martin	1248	
Gerry Perreault	1207	
Bridget Yard	1195	
Veronic Massicotte	1174	
Erik Luhta	1163	
Brianna Yard	1160	
Mike Columbus	1150	
Rene Lacasse	1131	
Denis Touchette	1125	
Wendy Mairs	1120	
Kim Wagner	1103	
Brenda Ceasar	1093	
Lorne Luhta	1079	
Peter Davis	1056	
Jane Schultz	1055	
Don Keddie	1040	
Gerry McNair	1035	
Larry Labelle	1020	
Norm Disley	1019	
Rhys Lucas	1019	
Nick Kanya-Forstner	1013	
Diane Luhta	1011	
Chris Wright	1008	
Alfie Gross	1005	
Ashley Kullas	1001	
Jean Guy Drainville	1000	
500+ km		
Paul Kleinhuis	925	
Tim Molenaar	850	

Karen Trimble	836
Darlene Leduc	727
Mike Sech	705
Laurette Carle	686
Peter Greenaway	673
Pierre Lemire	663
Elaine Gomercich	645
Dave Schultz	641
Ron Zgud	637
George Stewart	630
Samantha Stewart	630
Richard Demers	613
Jessica Demers	603
Trish Gibson	600
Ruth Roy	584
Samantha Demers	575
Noella McNair	572
Joseph Nycz	564
Tom MacKay	558
Robin Cumming	551
Ethan McGillis	548
Tylor Spigarelli	547
Celine Tarlton	543
Susan Sutton	533
Janet Scott	521
Marilyn Delaplante	513
Flo O'Malley	506
Danielle Arnold	504
Jim Bielek	501
Dale Columbus	501
Sarah Campbell	500
Charlie Vaillancourt	500
Lou Ann Visconti	500

PARTICIPATORS' CLUB

	# Days
Platinum (Nuts) 100+ Days	
Mike Sech	127
Natasha Kullas	121
Bibianne Mahy	113
Sue Kaczmarek	112
Dave Vodusek	109
Stan Kaczmarek	109
Martha Sutton	107
Veronic Massicotte	106
Denis Touchette	105
Claude Gagnon	104
Robert Coderre	103
Greg Deyne	101
Gold 75 - 99 Days	
Ray Denis	98
Ashley Kullas	97
Jean Guy Drainville	96
Bob Ethier	95
Mary Ann Martin	93

Irvin Garlock	89
Kim Wagner	89
Mike Cousineau	88
Laurie Bezzubetz	86
Raimo Peltoniemi	81
Erik Luhta	80
Diane Luhta	80
Lorne Luhta	79
Gerry McNair	77
Norm Disley	76
Alfie Gross	76
Mike Columbus	75
Silver 50 - 74 Days	
Gerry Perreault	74
Wendy Mairs	74
Larry Labelle	74
Paul Kleinhuis	73
Darlene Leduc	73
Brenda Ceasar	72
Laurette Carle	71
Susan Sutton	69
Germain Lauzier	68
Elaine Gomercich	68
Rene Lacasse	67

John Hardy	65
Charlie Vaillancourt	64
Peter Davis	62
Tim Molenaar	62
Nick Kanya-Forstner	57
Trish Gibson	57
Noella McNair	57
Don Keddie	56
Samantha Stewart	54
George Stewart	53
Ruth Roy	53
Celine Tarlton	53
Marilyn Delaplante	53
Flo O'Malley	52
Rhys Lucas	50
Jim Bielek	50
Bronze 25 - 49 Days	
Janet Scott	49
Johanna Coderre	48
Jane Schultz	46
Caroline Coderre	45
Dale Columbus	43
Peter Greenaway	37
Liam Disley	37

Robin Cumming	35
Larry Stewart	35
Julie Coderre	35
Joanne Blood	33
Debbie Jones	33
Dave Schultz	31
Del Baker	28
Al Heino	27

WAX SALE

As many of you know the Porcupine Ski Runners Racing Team sells Vauhti wax as a fund raiser. It is available at the club at a competitive price. Our team has been using this wax with great success. Thank you for your continued support.

Lately we have been fortunate in obtaining a limited supply of Rex wax at discount prices and are able to offer it to our membership at a saving of 50%. The stock includes a minor selection of grip and flouro grip waxes, a good selection of klisters and flouro klisters and a good selection of regular glide waxes. Also included, which some advanced skiers would be interested in, is a good selection of both low and high flouro glide waxes and some compressed flouro blocks and flouro gels.

If anyone is interested in purchasing this wax they can call Lorne Luhta at 235-8048 or Yvan Massicotte at 268-9102.

RESULTS

ROOKIES vs. VETS

Masters Team # 1

Erik Luhta	06:09
Marc deLaplante	06:59
Larry Labelle	07:56
Pierre Lemire	06:36
Kim Wagner	08:10
David Vodusek	05:48
Total Team Time	41:38

Masters Team # 2

Ray Denis	06:26
Robert Coderre	06:08
Sue Kaczmarek	06:57
John Hardy	07:00
Lorne Luhta	07:06
Mary Ann Martin	07:44
Total Team Time	41:21

Master Team # 3

Greg Deyne	06:31
Stan Kaczmarek	06:41
Norm Dizley	06:58
Joe Nycz	07:16
Wendy Maires	07:37
Sarah Campbell	07:58
Total Team Time	43:01

Rookies Team #1

Robb Martin	05:26
Martha Sutton	06:41
Brianna Stewart	08:06
Alex Girard	09:19
Sam Demers	09:25
Liam McGillis	11:22
Total Team Time	50:19

Rookies Team # 2

Ghislain deLaplante	05:52
Bibs Mahy	06:31
Brianna Yard	06:37
Chantal deLaplante	07:51
Jess Demers	08:29
Ethan McGillis	09:52
Total Team Time	45:12

Rookies Team # 3

Tash Kullas	06:19
Vro Massicotte	06:25
Bridget Yard	06:53
David Girard	07:50
Julie Massicotte	08:03
Garett Duff	08:23
Total Team Time	43:53

Total Time: 2:06:00

2:19:24

MEMBERS' COMMENTS

From time to time we receive suggestions, criticism, questions and compliments of various types. Sometimes these come in written form. When there is a name attached, we try to reply directly to the person. We encourage this input and it is our preference to answer questions or complaints by writing or speaking to the individual. The following message was left in the office with a request that it be printed in The Inside Track. Ed.

NOTES FOR THE NEXT NEWSLETTER

By: Unknown

1. Skate Skiers - Please don't wipe out the tracks. Only way some of us can ski is in the tracks.
2. Please go to the washroom before you start skiing. Saw evidence of someone using the trails as a latrine twice on Jan. 31/05. Both times right near the bench and bird feeders. At least go into the bushes.
3. The trails are great. Keep up the good work.

Reply:

1. *Generally, skate skiers don't wipe out the tracks. In my observations, tracks get wiped out by classic skiers who herring-bone without stepping away from the tracks. This seems to happen even on rather gentle uphill slopes. Yes, we agree that all skiers should avoid destroying the set tracks.*
2. *A good suggestion and perhaps the guilty individuals will "read and heed."*
3. *Thanks.*

Ed.

NEW CHALET

By: Gerry McNair

We're at the dreaming stage but sometimes it seems like a dizzy stage. There are many aspects to any major project and certainly, planning to build a new chalet is no exception. It's starting to take shape, at least on paper, and we've included a couple of sketches of preliminary design possibilities.

As the next season begins, we expect to be able to give you many more details about the planning. We'll also let you know how you can help.

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