



# THE INSIDE TRACK

A newsletter for members of Porcupine Ski Runners

Winter Issue

December 2010

## Membership

Gerry McNair



Welcome back for a new season of skiing and snowshoeing. We are all looking forward to a winter that is not filled with construction and too little snow. The best of all possible worlds is what we've ordered. One of the pleasant tasks in keeping the membership records is watching former members renew their membership and communicating with members through email, phone and in person. Don't hesitate to introduce yourself to someone you don't know – I may get to meet you that way.

As of December 1st, we have about 600 members registered. That's nearly double our numbers at the same time last year.

Of course, we had an uncertain beginning the previous season so that's not a fair comparison, but our memberships are above average for this time of year. If you haven't already registered, membership applications with payment by cheque may be mailed to Box 250, Schumacher,

ON P0N 1G0 or dropped in the mail slot at the office in the chalet. Application forms are available at the chalet or on our website [www.porcupineskirunners.com](http://www.porcupineskirunners.com) If you have questions or want an application form forwarded to you, please call me at 264-9093.

Welcome to new members. You will quickly notice that we don't have paid staff on duty at all times so in a way, all members are staff. We are heavily dependent on volunteers for essentially all aspects of the club's operation, administration and planning. Generally, any questions you may have can be answered by other members you meet at the club or they can direct you to someone who will have the answer. If all else fails, contact Greg, the club's president, at 235-3564. Enjoy the skiing and / or snowshoeing.

We are asking all members to sort of "keep an eye" on our facilities. We are open 13 hours a day, seven days a week so when you are there, take a stroll into the

*The Inside Track* is distributed to the members of Porcupine Ski Runners to keep them informed about club activities. There are three newsletters issued each season.

Thanks to those who contributed reports and information.

Suggestions and comments from our members are always appreciated.

Editor: Vicki Butterworth

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chalet before or after your activity. You may be able to help someone looking for information and at the same time be alert to anyone you think should not be there. Remember, the facilities belong to all members and we'd like to keep them in good repair at all times and for many years to come.

The membership cards we send or give to you are your means of identifying yourself as a member of the club. If

you generally commute to the club by automobile, we suggest that you leave your card(s) in your vehicle.

Lockers are available for members to rent in the new chalet and we've built more than we had in the old chalet. There is an initiation fee of \$200 to rent a locker for those who did not donate at least \$200 to the building project. If you need additional information, please call me.

Facilities

*Jim Bielek*



Our Xstrata Copper Chalet is quickly coming to life with more and more members using it regularly as skiing conditions improve. The organizing and running of the building has required the volunteer efforts of more than twenty of our members, of whom I'll mention only a few in this newsletter.

Gerry Perreault was able to trace and map the electrical circuits and label them on the panel for us. He also put metal strips on corners of the building to reduce damage caused by objects striking them.

Ray Denis has installed additional phone lines and changed a lot of locks on many storage and display cabinets that were donated.

Germain Lauzier has been helpful with lining up tools and testing out our coffee maker in the kitchen.

We have a group from Cochrane Temiskaming Resource Centre washing and cleaning tables and floors every Wednesday morning under the direction of Donna McTiernan. There is no charge to us for this service and we greatly appreciate their efforts.

Suzanne and George Dasovich made good use of our kitchen in organizing the luncheon at our official opening.

Marilyn deLaplante and Laurette Carle have been organizing sets of dishes and utensils in the cupboards to the point where we have more than twenty complete place settings. We also have a good supply of styrofoam cups, paper plates and plastic utensils.

Take care when entering the building with wet or snowy boots as the floor can be slippery. Don Sutton has ordered a couple more mats to be placed down the center aisles of the locker room. Greg Deyne has prepared the Kilometre Chart that is filling up fast in the main hallway to the locker room. Look for our 1000 km Challenge, which Diane Luhta has prepared, to be posted in the near future.

Gerry McNair and I have mounted more than ten bulletin boards and display cases throughout the building. The one in the main entryway between the two sets of doors can be used for general information concerning the club.

Trish Gibson is looking for members who are interested in taking a course on operating the emergency defibrillator that is mounted on the wall in the lounge. You must be qualified before attempting to operate it.

Sylvain Gauthier has built a great looking (and functional) garbage bin that we've placed outside to hold garbage bags as they wait for a trip to the dump.

At this point we are still operating with volunteers for keeping the building clean and organized so we are asking that all members do their part in helping. Some changes in this area may occur in the near future.

Thanks to all of those members who have helped in getting our skiing season off to a good start.

Schools and Groups

*Lee-Ann Wearing*

The Board of Directors of Porcupine Ski Runners invites groups, clubs and recreational planners to consider using our excellent facility for their cross-country skiing and

snowshoeing activities. Please contact me at [lee-ann.wearing@dsb1.edu.on.ca](mailto:lee-ann.wearing@dsb1.edu.on.ca) or by phone at 363-8249. Our Group Invitation letter, Policy for Groups and Group Registration forms are located on the website at [www.porcupineskirunners.com](http://www.porcupineskirunners.com). We look forward to having you use our great facilities.

### 1000 Km Challenge

#### *Diane Luhta*

Would you like a challenge this ski season? Join the 1000 Kilometre Challenge and attempt to ski 1000 kilometres. It is a possibility, for anyone who has the time, to ski 10 km a day on 100 days. Choose your own system and track your progress on the chart in the hallway of the chalet. Here are some facts:

- The 1000 Km Challenge began in the 1984-85 season and only nine people skied the distance in that first year. Names were engraved on a plaque which hung on a wall, but we did not keep track of actual number of kilometers skied, just the names of those who reached or surpassed the 1000 mark.
- 187 individuals have skied 1000 km or more in a single season at least once since the challenge began.

- The goal of 1000 km or more has been skied by individuals 783 times in the past 25 years.
- Germain Lauzier has skied a total of 52,972 km since 1988. He kept accurate personal records.
- Gerry McNair has skied 1000 km every year since 1984, except for last year when he was too busy heading the chalet project.
- Jean Guy Drainville has recorded the most kilometres skied in one season. He was newly retired when he achieved that record.
- In 1998 a record 55 people skied at least 1000 km.

Look for the Kilometre Chart hanging in the chalet. This chart records the names of skiers who reached the goal since the beginning. It is our new way to keep track of members who ski 1000 km or more in a single season.

It really is an achievable goal and a healthy way to spend a winter in Timmins. We sometimes have skiers reporting errors or omissions, but this may be due to illegible printing on the kilometre recording board. Print your full name neatly and remember, it is counting kilometers skied, not hours.



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### Nordic Centre Project

#### *Gerry McNair*

The project is completed except for tidying up some deficiencies and completing some final details that volunteers are working on. There are still some bills to be paid, costs to be claimed from government agencies and final reports to be done, but mostly it's completed. Our major donors have been recognized with media events, the official opening, donor recognition plaques and in *The Inside Track*. But there have been a number of smaller efforts by individuals and groups that have not been as high profile. In recognizing them at this time there is that ever-present risk of missing someone or some group. However, that's no excuse:

- Diane and Lorne Luhta contributed many hours of time giving ski lessons to individuals and with the "Learn to Loppet" sessions. Clients paid a fee which was given to the project.
- Jim Bielek and Mike Cousineau organized a Ski-A-Thon, recruited participants, tracked results and passed on the proceeds to the project.
- There were two Reel Paddling Film Festivals organized primarily by Diane Luhta and Grant Tunnicliffe with profits going to the project. Profits from the third film festival did not go to the Nordic Centre

Project because our fund-raising was completed.

- Several schools made donations to the project but a few schools added a little fun by organizing loppets or food sales to raise money for the project.

Thank you for these valuable contributions.

### Official Opening

#### *Noëlla McNair*

What a successful day we had on Sunday, November 21. Between the ski swap and official opening, approximately 350 people came to the club to celebrate. First-time visitors exclaimed that the Xstrata Copper Chalet was both attractive and welcoming. Everyone seemed to appreciate the availability of coffee, hot chocolate, bagels, timbits, sandwiches and fruit.

From a more practical point of view, the day also saw a thriving business in club memberships, equipment purchases and waxing of skis.

For making the Official Opening component of the day a success, thanks to the following:

- The creation of the ingenious "ski-theme" trophies for donor, in memoriam, room dedication and Buy-A-Locker campaign is the work of Mary-Anne Church and Leata Rigg with the valuable assistance of Dean Rigg.

- Club registrations were looked after by Gerry McNair and Jim Bielek.



- Food was ordered, picked up and presented by Suzanne Dasovich, Rachelle Demers-Lauzier, Laurette Carle, Marilyn deLaPlante and Diane Luhta. I believe they had George Dasovich and Germain Lauzier as go-fers.

- Greg Deyne and Mary-Anne Church, co-emcees for the day, made everyone feel welcome while providing a clear context for the day's achievement.

There are too many more volunteers who were involved with the preparations for the opening to name individually. This includes the large crew who handled the equipment sales and ski waxing. They will be recognized in a separate report. The club continues to depend on each and every one of you.

A special thanks to the PSR Board of Directors who chose to name the Common Area "Salon Nordique Noëlla & Gerry McNair Nordic Room". We truly appreciate the recognition while realizing there was a strong team working with us to achieve this goal.

### Ouverture officielle

#### *Noëlla McNair*

La célébration du 21 novembre a dépassé nos attentes. Plus de 350 personnes se sont présentés au chalet pour l'échange de ski et pour l'ouverture officielle du Chalet Xstrata Copper. Partout se faisait entendre des commentaires favorables au sujet de notre nouveau chalet.

Il faut reconnaître que la journée fut un grand succès commercial aussi. Plusieurs ont profité de cette journée pour faire des achats d'équipement et pour remplir leur formulaire d'inscription.

Le succès de cette journée s'attribue directement au dévouement de nos membres / bénévoles. Dans tous nos plans d'action, nos membres / bénévoles sont là prêts à contribuer le nécessaire pour implémenter le plan. Il nous faut remercier certaines personnes pour leur efforts envers le succès du 21 novembre. Sans doute vous avez vu les beaux trophées à base de ski pour reconnaître plusieurs réussites tels que les donateurs, nos chers collègues décédés la dédicace de la salle commune et la campagne "Buy-A-Locker". Ces trophées furent la création originale de Mary-Anne Church (vice présidente du club) et de Leata Rigg, membre-bénévole et son époux

Dean Rigg. Au cours de la journée, Jim Bielek et Gerry McNair se sont occupés des inscriptions.

L'équipe qui a pris la relève pour les collations offertes toute la journée a compris Sue Dasovich, Marilyn deLaPlante, Rachelle Demers-Lauzier, Laurette Carle et Diane Luhta. Je pense que George Dasovich et Germain Lauzier ont agi comme sous-chefs de l'équipe. Nos co-maîtres de cérémonie Greg Deyne (président du club) et Mary-Anne Church ont chaleureusement souhaité la bienvenue aux gens et ont très bien ordonné le programme officiel de la journée.

Félicitations à vous tous et merci d'avoir assuré le succès de la journée.

Finalement, il nous faut articuler un merci spécial aux membres du conseil d'administration de PSR qui ont décidé de dédier la grande salle commune du chalet <Salon Nordique Noëlla & Gerry McNair Nordic Centre Room>. Nous apprécions l'honneur de cette dédicace tout en réalisant que c'est l'appui d'une bonne équipe qui nous a permis d'atteindre notre but.

### Jackrabbits

#### *Cheryl Allard*

Another year is here and we are well underway. The Jackrabbit learn-to-ski program has begun and new this year is dry-

land training for all participants 6 years of age and older. Sessions are held at the chalet on Sundays 1:30pm to 3 pm. See the website for more details.

By the time you read this, registration for the 2010-2011 season will have closed. We have had a great response from families – many who are new members. We welcome the Jackrabbits to our amazing facility and we hope that new members get out and explore the many trail systems.

Jack Rabbits will take a Christmas break after the December 19<sup>th</sup> lesson until January 9<sup>th</sup>, when all groups – Bunnies, Jackrabbits and Track Attack will meet. The day and time is Sundays 1:30pm to 3pm, regardless of the weather.

Promoting healthy eating, Jackrabbits will be supporting the Lug a Mug campaign. All Jackrabbits should bring a mug (which may be stored in the kitchen) for hot chocolate, soup, or other nut-free beverage/snack which is supplied during each session. We can always use an extra pair of hands at this time in the afternoon.

### Officiating/Coaching

#### *Kelleigh Manseau*

For parents, young adults, master skiers, seniors and sport enthusiasts an officiating course is being held over

the Christmas season from Tuesday, December 28, to Thursday, December 30 between 5:30pm and 9:30 pm at the chalet. When PSR hosts a race or event, we will need help inside and outside the chalet, on skis and off skis. Consider attending this 16 hour course. Skiers of all abilities are welcome.

If you have fun on skis and would like to share your passion, PSR is hosting an Introduction to Community Coaching course on Tuesday and Wednesday, December 28 and 29 at the chalet between 9 am and 2 pm. This 10 hour course will introduce 'fun' fundamentals, LTAD, and give basic ski instruction for those new to the sport. For either course, please see the PSR website for more information or contact Kelleigh Manseau at [liter8ture@ntl.sympatico.ca](mailto:liter8ture@ntl.sympatico.ca).

### Race Team

#### *Cheryl Allard*

A great gift idea for the skier on your list is wax and wax supplies. Stop by the chalet Saturdays and Sundays between 10am and 4pm. If you cannot make it then, contact Rick Demers at 264-5708. The gate attendant will also be happy to fill your order. During the Christmas season, the gate attendant will be selling wax every day (except Christmas Eve, Christmas Day and New Year's Day)



between 10am and 4 pm.

On behalf of the PSR race team, we would like to express our gratitude to the membership and community for supporting our team this season at our annual Ski Swap and waxing. Proceeds from the sale of new and used equipment as well as the service of preparing skies for the upcoming season will help offset expenses during the race season.

This type of event takes many volunteers. The two day event would not have occurred without Janet, Rick and Jessica Demers, Helen, John and Colton Labine, Greg Deyne, Rob Coderre, Dave Vodusek, Wendy Mairs, Torri Kullas, Don Sutton, Denise, Mike and Kirsten Kornell, Kelleigh and Theo Manseau, Rick, Ryan and Naomi Allard.

The team would like to

thank Diane, Lorne and Erik Luhta as well as Guy, Marc and the Northern Sports team for their professional sales and fitting services. Behind the scenes and quietly working endless hours were Ray Denis, Gerry Perreault and Germain Lauzier, making sure everything was set up and available for the weekend.

Thank you!

**Locker Rentals**

*Our new chalet has more lockers available for rent than we had in the old chalet.*

*Members wishing to rent a locker for the first time are required to pay an initiation fee of \$200, unless they have previously donated at least \$200 toward the Nordic Centre Project. The rental fee is \$50 per season.*

*For additional information contact:*

*Gerry McNair*

*264-9093 or*

*gmcnair@ntl.symapico.ca*

**Waxing Lessons**

*By popular demand, Lorne Luhta will be offering additional lessons.*

*Porcupine Ski Runners*

*Xstrata Copper chalet*

*Basic Waxing*

*Wed, Jan. 12, 2011 @ 7:00 P.M.*

*-application of glide wax to classic and skate skis*

*-application of grip waxes to classic skis which will include hard waxes, binder wax and klisters*

*Advanced Waxing*

*Tues, Feb. 8, 2011 @ 7:00 P.M.*

*-theory, use and application of flourocarbon glide waxes which includes high flouro glide waxes, compressed flouros and flouro powders*

*-base preparation and base structuring for various ski conditions.*

*-discussion and application of various grip wax combinations for high performance in various snow conditions.*

