

The Inside Track

A newsletter for members of the Porcupine Ski Runners



President's Message

~Denis Charette

Some exciting behind the scene work is underway to get ready for this upcoming season! Improvements in trails, Biathlon range, and additions of specialized grooming equipment will position PSR to maintain and provide our members with safe and quality ski & snowshoe trails under various snow conditions.

Our rental room staff are looking forward to welcoming the after school programs, day users, Jack Rabbits, and members with excellent equipment and service.

Skiing is great for any age group, it's easy to do as a family, or for some to enjoy a moment of solitude amongst nature.

I would like to thank the many volunteers, corporate sponsors, and Board that have contributed to the club's success over the years. I encourage members of our ski community that would like to get involved to contact me or any other members of our Board.

Wishing you a happy season!

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Fall Issue

November 2017

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

Thank you to those who contributed reports and information. Suggestions and comments from members are always appreciated.

Editor: Jennifer Bonsall

Ski Swap and Open House

November 11, 2017 (9:00 AM to 1:00 PM): Drop skis for sale or waxing

November 18, 2017 (9:00 AM to 1:00 PM): Ski Swap and Open House

Draw for Locker Rental

Purchase your membership prior to December 1, 2017
to receive a ballot for a chance to win a free one-year locker rental.

Box 250
Schumacher, ON
P0N 1G0
www.porcupineskirunners.com



Ski Swap and Open House

The PSR Race Team and Board of Directors are busy preparing for the annual PSR Ski Swap and Open House to be held on **Saturday, November 18, 2017 from 9:00 AM to 1:00 PM**. The ski swap/open house provides the public a great opportunity to:

- Get great deals on used equipment.
(20% of sales go to support the race team)
- Sell equipment that is no longer in use.
- Get advice on equipment, waxing, technique, and clothing.
- Shop for new equipment, accessories and clothing from local retailers.
- Sign up for a PSR membership (computers will be available for online registrations).

Ski Swap drop off: Saturday, November 11, 9AM – 1PM.

PSR will be accepting sale items—item donations are always greatly appreciated. Special pick-up arrangements are available. Please see our website www.porcupineskirunners.com for details.

Ski Waxing drop off: Saturday, November 11, 9AM–1PM.

There is no better way to start the season than with a newly waxed pair of skis: \$25/pair plus additional cost to remove grip wax.

Equipment and Trails

~Lorne Luhta

At the time of writing, over 95% of the brushing has been completed on the trails. Thank you to Ray Denis who was out on a regular basis and organized the following volunteers: John Sullivan, Leo Lacroix, Mike Kornell, Gerry Perreault, Stephen Kulkulka, Rob White and Dave Vodusek.

During the summer, Hydro One delivered wood chips from pruning and cutting trees along power lines in the city, and Ray Denis, with occasional help from Gerry Perreault, used the chips to fill in holes and cover rocks on the trails. An excavator was brought in for a total of 61 hours, at a cost of \$9,153.00 to smooth out sections of

the trail and install culverts. An additional \$1,500.00 was spent on culverts. A rock breaker attachment was used to widen some rocky sections of the trail that interfered with grooming.

A gate was installed just past the beginning of the Olympic Trail to prevent 4-wheel-drive trucks and ATVs from accessing the trails in the spring, summer and fall. This recreational traffic puts deep ruts in many sections of the trail, which we have to repaired at considerable cost.

A new range was built for biathlon. Trees were cut and the excavator was used to dig out stumps and level the area.

Every year we need to cut the new growth on the trails. This summer we had a shortage of volunteers which put a heavy burden on those who did help out. We are hopeful that next year we can get more assistance from the membership. Our club is a non-profit organization and we depend on volunteers to keep membership costs down. Let us know if you are interested in helping out at any time, and spread the work through Facebook to get more members out.

Our grooming equipment is ready for the snow. The maintenance was done under the direction of Gerry Perreault and Ray Denis this summer. In addition to our big groomers, the Bombardier BR400, and the Piston Bully, the club also owns two Skidoo Scandics with Yellowstone grooming and track setting attachments. This spring we replaced our old Skidoo Alpine with a new machine, an Alpina Sherpa, which cost our club approximately \$50,000. Goldcorp's Porcupine Gold Mines provided a very generous \$20,000 donation for this purchase. We are very thankful for their support of our organization.

Personnel

~Alan Heino

Porcupine Ski Runners is pleased to welcome back Brent Cleverdon for his seventh season. Brent will be working as our Lead Chalet and Rental Room Attendant and he will be assisted by student workers in the rental room, with janitorial duties in the chalet, and at the gate.



Facilities

~Alan Heino

The Facilities committee, consisting of Gerry Perreault, Jim Bielek, Ray Denis, Gerry McNair and Alan Heino primarily looks after the chalet. The committee continues its work throughout the summer to keep the place in good repair and have it ready for the next season. Their tasks are many and varied including: performing patching and painting touch ups in the chalet, cleaning floors, changing furnace filters, maintaining external security lights, reorganizing storage, updating signage and much more.

During our off-season we rent our lounge to various groups for a number of different events. Revenues from our 2017 off season rentals are expected to exceed \$8,000, which will be our most successful rental season to date. These revenues help to offset some of our ongoing expenses such as property tax, electricity and propane. We also used these revenues to purchase new chairs and folding picnic tables for use in our lounge. It is good to have the community make use of our facility—rather than have it sit continuously unoccupied—and it gives our club additional exposure to the public. One of our rentals involved use of our trails as well as the Lounge. Thanks to David Vodusek for assisting us and the Alzheimer's Society with their Mud Factor fundraiser.

We do not rent the Lounge during the ski/snowshoe season and we do not rent for events that include the consumption of alcohol. The Lounge has proven to be an excellent venue for company planning, training and instructional sessions, social gatherings and day camps. Some of our returning tenants include: Imerys, the Ministry of Natural Resources and Forestry, the Alzheimer's Society, Kunuwanimano Child & Family Services and Mennonite Central Committee Ontario. We also acquired new tenants this past off season including: Canadian Mental Health Association, OPSEU, Timmins Chamber of Commerce and others. It is gaining popularity as a location for children's birthday parties as well as wedding and baby showers. There is a considerable amount of work for volunteers to coordinate these lounge rentals but our clients have always expressed their satisfaction and commented on the beauty of the building. Thanks to the volunteers who have handled the off season rentals: Gerry McNair and Neal McNair.

Website and Communications

The PSR website is the main information source for club news and events. Trail conditions will be updated daily by 9AM, and major announcements will be placed on the front page "news box" as well as posted on the Facebook page.

If you have suggestions for additional information you would like to see on our website, feel free to send suggestions to mcnairneal@gmail.com.

Membership

~Neal McNair

Membership fees are unchanged this year. Last season we had a total of 941 members, and our goal for this season is to have at least that amount again. A strong membership and volunteer base is the foundation of this club and it is what allows us to offer such amazing trails and facilities at very low cost.

We count on our long-time members to be our 'on the ground' promoters. You know how great the club and facilities are, so talk it up with your friends and family and try to get some new people out to try the sport.

As we did last year, we will be distributing membership buttons at the chalet. Buttons will be available at the Ski Swap and Open House on November 18, and will be available in the rental room once the ski season starts.

Again this year, you will be able to purchase your membership through our website at www.porcupineskirunners.com. Online registrations are easy for you, and they help us reduce the volunteer hours spent doing data entry. As a reminder, here are some of the benefits of registering online:

- No additional fees charged for paying online.
- Emailed printable membership cards that you can start using right away.
- Pull up your data from last year for quick registration.

As always, you also have the option of completing a paper application. You will find a membership application in this newsletter, and they are available at the Chalet as well.



Lockers

~Neal McNair

Lockers are available to PSR members for rent on a year-to-year basis at a cost of \$60.00 per year. We have 192 lockers available to rent, with about 30 that went unrented last year. When you register for your membership you have the option of renewing your locker(s) from the previous season, requesting a new locker, or giving up your locker from the previous year if you no longer need it.

If you had a locker last season, it will be held for you only until December 31, 2017. You will have to purchase your membership before the New Year in order to keep your claim to your locker. If you do not plan to renew your locker, please let us know as soon as possible.

Blue Jays Getaway Draw Fundraiser

~ David Vodusek



Pictured from left to right, Marcel Thauvette (Imerys Sponsor), Marie Dufour (Imerys) and Tanya, Gino, Anabelle and Miguel Gendron.

Imerys and the Porcupine Ski Runners partnered together in May 2017 as part of Imerys' Charity of Choice Program, which has raised approximately \$250,000 since the program started in 2007. The winner of the raffle was the Gendron Family. Tanya Gendron purchased the winning ticket from Helen Labine of the Porcupine Ski Runners Race Team parents. All 3,000 tickets were sold which raised \$5,155.00 in support of the PSR Jackrabbit, Biathlon, and Nordic Ski Team programs.

The Porcupine Ski Runners extends a big thank you to Imerys for selecting the PSR youth programs and to Christine Dorion, Angele Caporicci, Amanda Roy and the many ticket sellers for a very successful fundraiser.

PSR Events

~ Christine Dorion

Evening Snowshoe

Evening snowshoe events will be held every Tuesday and Thursday at 7:00PM. Volunteers will be available to guide you along the way. Sign up is not required and there is no additional fee, however you must have a membership or a day pass to attend. Rentals are available; please arrive early to make rental arrangements. Don't forget your headlamp!

Ladies Night

Ladies night will take place every Thursday at 7:00PM. It is a social ski, approximately 1 hour in length, guided by volunteers. This is a very relaxed and fun evening. Skiing is done on the lighted trail system. If you are new to skiing, this is the night to try it out. Rentals are available. Please call the office 705-360-1444 during the day to have the rentals ready for you.

If you have any questions regarding these fun evenings, please contact Christine at Christine@nconn.com or call/text 705-262-9610.

Facebook

Please like us and follow us on Facebook to be notified of all the upcoming events. We will have plenty of events during the season.

Family Day

All day fees and equipment rentals are half price on Family Day, Monday, February 19, 2018.

PSR Annual Loppet

Mark your calendar now for the annual PSR Loppet on Saturday, February 24, 2018. See our website for additional details.



Biathlon Bears

~Angele Caporicci

The New Biathlon Bears winter season will become active again this December 2017 to March 2018. We are excited to try out our new range area, which was completed in September. Our thanks to the hard working volunteers who put in the time and effort to get this ready for us for this season! This new space will give us room to grow, allow for more realistic mock races, and increases our training lanes from 4 to 10. If you wish to see us in action, check us out this winter; we are tucked away in the corner near the sprint trail and the arena.

Registration for the upcoming season is set for Sunday, November 19, 2017 from 9:00AM to 1:00PM at Porcupine Ski Runners. Biathlon Bears is open to anyone, ages 8 and up, who wants to learn and have fun doing an Olympic sport that includes skiing and marksmanship.

Program fee for the Bears this season is \$256.00 (ages 8 and up). For those who wish to compete, the fee for Junior Racers is \$316.00 (ages 14 to 16), and Senior Racers is \$390.00 (ages 17 and up) for the season.

If you require skate ski equipment for the Bears season, it can be obtained on registration day, at a cost of \$50. You must also purchase the Porcupine Ski Runners Membership.

For the current race athletes, training continued throughout the summer and into the fall. They have been hard at work fine tuning their skills. Here's hoping they have a good training year, and do well at the area competitions.



PSR Junior Development Ski Team

~David Vodusek

The PSR Junior Development Ski Team consists of ten athletes with an additional thirteen young skiers on the Track Attack Team. The team has been training hard this past summer and fall in preparation for the 2017-18 ski season. In addition to our weekly dryland training sessions, the team participated in several community charity events such as the Alzheimer Society Timmins-Porcupine District Mud Factor, Seizure & Brain Injury Centre's Colour It Up Run, Terry Fox Run and Gold Rush Run. The PSR will be hosting a dryland training camp for Track Attack skiers from the district at the end of October. The club will also be hosting a Fast and Female Champ Chat for girls aged 8 to 18 on October 29, 2017 at the PSR Chalet.

The upcoming ski season will include several local loppets, nearby invitational ski races as well as the 2018 Ontario Championships at the North Bay Nordic Ski Club from February 17-19. The Development Team continues to train throughout the autumn months, focusing on teamwork, sportsmanship and having fun with group workouts and fun runs. The PSR Junior Development Ski Team members are Allysha Grey, Brielle Charette, Chantal Kukulka, Clarke Frey, Julia Vodusek, Julius Frey, Mari Luhta, Nicole Kukulka, Olivia Vodusek and Oscar Clark.

Anyone with any questions about the program can email David Vodusek at psrrace@gmail.com.



Junior Race Team

~David Vodusek

PSR junior race team member Kristen Kornell, aged 15, continues for her fourth consecutive time as a member of the Ontario Cross Country Ski Team for the 2017-18 season. This summer, she attended several dryland training camps with the Ontario team in Ottawa, Barrie, Thunder Bay and Minnesota, and her first on-snow camp will be in Forêt Montmorency, Quebec in mid November. Kristen has been training very hard and is looking forward to the upcoming ski season and representing the PSR and Ontario at the upcoming Ontario Cup ski series and the 91st Canadian Ski Nationals at the Lappe Nordic Centre, Thunder Bay from March 10 - 17, 2018.



Kristen Kornell, Canmore, Alberta

Jackrabbits and Skills Development

~Christine Dorion and Angie Bernier

Registration for the 2018 season of the Skills Development Program (Jackrabbits and Junior Development Team) will take place on November 18 and 19, 2017, from 10:00AM - 1:00PM at Porcupine Ski Runners.

Registration is done on-site only.

Program cost is \$40 and equipment rental (if required) is \$50 for the season. Please bring your child on registration day for fitting. New spots are available but limited.

If your child was enrolled in the program last year, they have a spot reserved, but you must register on November 18 or 19, 2017 at PSR. Please notify us via email if your child will not be returning to the program so we may add a new child to the program.

Children ages 3-5 are accepted with one adult participating. For children ages 6-12, no parent is required, but you may join. The skier and parent accompanying the child must be a member of PSR. Membership can be purchased online in advance or in person on the registration day.

The season starts in January, and runs every Sunday starting at either 1:00PM or 1:30PM depending on your child's group placement. Lessons are generally 1.5 hr in length.

We are always looking for parents/adults to help during lessons.

For general questions and enquiries, you may contact Christine Dorion at Christine@nconn.com

Remember, cross-country skiing is a sport for life; starting children early on will assure a healthy and strong cross-country community!

Programme des Jackrabbits

Les coûts sont de \$40 par enfant pour l'inscription et \$50 pour location d'équipement pour la saison. Apportez votre enfant avec vous, le 18 ou 19 novembre, pour essayer l'équipement.

Les enfants de 3 à 5 ans doivent être accompagnés d'un adulte. Pour les 6 à 12 ans vous êtes bienvenus à nous rejoindre si vous le désirez. Les enfants et les parents qui les accompagnent doivent être membre du PSR. Vous pourrez vous inscrire en ligne ou en personne les jours d'inscription.

Les sessions sont les dimanches de 13h (ou 13h30 selon le groupe d'âge) et d'une durée d'environ 1.5 heure. La saison commence en janvier.

Nous avons réservé des places pour les enfants qui étaient inscrits au programme l'année dernière, mais vous devez vous inscrire durant les journées d'inscription pour réserver vos places. Afin de laisser la chance à tout le monde, SVP nous aviser si vous ne comptez pas revenir. Nous avons aussi des places pour les nouveaux et nouvelles adeptes du ski!