

# ***The Inside Track***

**A newsletter for members of the Porcupine Ski Runners**



## **President's Message**

*~Denis Charette*

A strategic plan was developed for PSR, which focused on what our Members, Volunteers, and the Board of Directors value most (see back cover).

There were many great comments appreciating the great service our volunteers do, the trail system, and the facilities we all enjoy. Some of the key initiatives that were highlighted are providing more Learn to Ski sessions and hosting events.

Several Learn to Ski sessions (classic, skate, waxing) were held this year in order to build confidence and teach proper techniques. On the events front, the Canadian Masters saw some inspiring athletes, up into their 80's, competing in the 3 day event. The annual Loppet was a record year with 154 registered participants. Over the last few years, interest and participation from outside clubs, including our "amis" from Abitibi-Témiscamingue, has grown.

We would like to thank our volunteers, sponsors, and the media who help us in our vision of "Promoting and leading a healthy outdoor lifestyle for our community".

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**Spring Issue**

**May 2019**

*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.

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**THE PORCUPINE SKI RUNNERS ANNUAL GENERAL MEETING**

**will take place on**

**June 4, 2019 at 7:00 PM**

**Porcupine Ski Runners Chalet**

**All members are invited to attend.**



## **Thank you Gerry Perreault**

*~Gerry McNair*

Gerry Perreault has moved from Timmins and the city has lost a native son. Porcupine Ski Runners has lost a volunteer who was a planner, organizer and just plain old hard worker for the club.

Since we are both “Gerry”, I’ll use “GP” for “the other Gerry” in writing this article. Some time about the mid 1980s I first met GP when he and I were sent out to do fall trail preparation on a section of the Loppet Trail near South Porcupine. As we worked at clearing trees that had fallen and other obstacles, I soon realized that GP had much skill at getting jobs like this done efficiently and quickly. In the years that followed GP worked on numerous projects at PSR. I’ll name a few of the bigger ones he helped with; plan and build three garages, install and remodel an old donated trailer to expand our former chalet, improve our ski trail system by extensive spreading of wood waste and contribute to the planning and work that allowed us to complete the Nordic Centre Project which gave us our new chalet.

There are many stories that could be told associated with any one of these projects. But I’ll limit the tales to just one. As we were building the largest of our three garages (G99) and it was time to shingle the roof, we planned to do the job on a Saturday. The singles were delivered the day before and three of us hoisted all the bundles up onto the roof, ready to be installed the next day. The plan was that GP and I would start the job at 6:00AM and others would join us at 8:00AM to complete the job. The weather forecast predicted a very hot day on Saturday and I noted that to GP and suggested that maybe we should start even earlier. GP chuckled and said, “OK – I’ll see you at 5:00.” I arrived at the club shortly before 5:00AM and GP was already on the roof and had most of the first row of shingles already installed. Yes – GP could be classified as an early riser. The job was completed before noon.

I think GP’s greatest contribution to PSR involved his work with trail grooming and the equipment we use to do that job. He researched and planned for purchasing increasingly complex equipment as we moved from grooming the trails with snowmobiles to the machines we use today. There is much to learn about

operating, maintaining and repairing this equipment and GP took a lead role in that department. He also learned to “read” the weather and snow conditions. Creating, maintaining and grooming ski trails is not such a simple job as it may appear. There’s a lot of experience needed to work around all the variables that weather and snow conditions can throw at the job. GP mastered that and passed his knowledge on to others.

In addition to the work he did at PSR with buildings, equipment and trails, GP worked with Special Olympic athletes. These folks regularly train at PSR in both skiing and snowshoeing. In 1999, Timmins hosted the Ontario Special Olympics and GP shared with me the role of organizing the Nordic Skiing component of that event. GP was also a director on the PSR Board from 1986 until 2019 where he served on different committees and had a two year term as president.

We wish you well in your new home Gerry and may you find some trails to ski.

## **Family Day at PSR**

*~Alan Heino*

The Family Day Promotion held on Monday, February 18 featured ‘Half Price Rentals/Day Fees’, and had a very good turnout throughout the day. Thanks very much to our volunteers: Diane Luhta, Gerry McNair and Pierrette Comtois-Heino and our staff for making it such a successful event. The plan for next year is to extend this promotion to the entire Family Day weekend and change it to ‘30% Discount for Rentals and Day Fees’. To this effect, interested members wanting to lend a helping hand are always appreciated.

## **Summer Chalet Contacts**

During spring, summer and fall, the chalet does not have regular hours of operation. For assistance call:

Ray Denis (primary contact)	705-288-2253
Gerry McNair (alternate)	705-264-9093
	cell: 705-266-4213
Neal McNair (alternate)	705-363-7719
Alan Heino (alternate)	705-264-9107
Robert White (alternate)	705-268-0935
	705-465-1554



## Personnel Report

*-Alan Heino*

Brent Cleverdon returned to the PSR in mid-November as our lead chalet and rental room attendant. Brent began with working on pre-seasonal duties for the chalet opening. After the season opening, he managed the rental room and provided training to our new hires (Erin Mills and Connor Stewart) and guidance to our returning students (Kristen Kornell, Vincent Neron, William Bernier, Emmalyne Bacvar and Madison Bouffard).

Brent coached all of our students supportively in providing ski/snowshoe equipment rental services and performing janitorial duties in the chalet. In addition, the students co-operated well in taking turns working as gatekeepers. As Brent and Erin alternated weekends beginning in January, both provided team leadership to our staff. I would also like to take this time to recognize Brent for how he went above and beyond to prepare for the school groups (the largest group was over 100 skiers and snowshoers) and manage our student staff during these visits.

Collectively with the help of volunteers, they worked well in providing rental room services on weekends and weekdays for individual and family rentals, and for our various group rental activities such as Daytime and After-School programs, Jackrabbits, Evening Snowshoe, Ladies Night, the Annual Loppet and the Family Day Promotion.

In closing, I would like to thank Christine Dorion for assisting me with recruiting Erin and all of our students and taking the lead in scheduling their shifts throughout the season.



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## Facilities

*-Alan Heino*

At the beginning of the ski season we equipped the chalet with an automatic locking/unlocking system and automatic arming/disarming of the alarm system. After testing that the system was working as planned, we activated the two systems. This has eliminated the need for a person having to go to the club to unlock in the morning and again in the evening to lock for overnight. The plan for the automated systems for lock and alarm was designed by Christine Dorion and she installed the panel that controls the locking system. It will operate only during the ski season; the off-season control of locking the chalet and arming the alarm will be manual.

We had to post numerous signs to advise members and guests of the automated system and we're happy to say that folks co-operated nicely by exiting the building before the alarm was set. This automatic locking system does not include control of lights in the chalet. To avoid having lights on all night we had to change several light switches from manual to either motion sensor or programmed switches. Ray Denis did most of the work involved in installing the locking system and changing the switches along with assistance from Rob White and Gerry McNair.

During the off-season the Porcupine Ski Runners main lounge is available to rent for a variety of events and gatherings such as business meetings, social gatherings and day camps. In order to obtain more information on our facilities or to book a rental, please use the following link: <http://www.porcupineskirunners.com/offseason.php>

Facilities committee members are Alan Heino, Ray Denis, Gerry McNair and Rob White. Apart from undertaking projects such as that described above, we deal with general maintenance and repair in the chalet. Our sincere thanks to Gerry Perreault for serving on this committee since 2010 when we took possession of the new chalet. And to Jim Bielek who was first part of the Nordic Centre Planning Committee from 2006 to 2010 and then served on this committee after the building was complete.



## Trails & Equipment

~Gerry McNair

We have a variety of equipment that we use to groom trails and plow the driveway and parking lot:

- Two Skandic snowmobiles. These units are used for a variety of jobs on the trail and they are also used for some grooming, but mostly at the start of the season when there is limited snow and again toward the end of the season.
- Alpina Serpa is a big snowmobile that is used for trail grooming and setting track, but primarily when the grooming task is not extensive.
- BR400 is our older principal grooming machine that is now used for some trail grooming but mainly to plow the driveway and parking lot. This season this machine logged 60 hours of operation. That's a week and a half of a full time job. And that was just doing the snow plowing.
- Piston Bully is our main grooming machine and it logged 160 hours grooming trails this season. Yes – that's equivalent to four 40-hour weeks. The grooming crew and the Piston Bully had a busy season.

These machines need ongoing maintenance and repair. This year the BR400 required replacement of three hydraulic hoses and the Piston Bully had one tire replaced. Ray Denis is performing the end-of-season maintenance on all of our equipment so that it will be ready when it's needed next season.

Ray Denis is our main trail groomer and he had help from volunteers Rob White, Dale Columbus, Larry Labelle and Greg Deyne. We very much appreciate the tremendous job they did on our trails this past season.

You may remember that last summer we had some trail lighting cables vandalized such that they were cut and sections of cable carried away – we assume to be sold for the value of the copper. The cables were repaired before the lights were needed last fall and we have also installed metal protection over the exposed cables on the poles. Some of these guards were installed last fall and Ray and Rob just recently completed the job. We trust this will prevent a repeat of the damage done last summer.

## 39<sup>th</sup> Annual PSR Loppet and Snowshoe Poker Run

~Christine Dorion

We would like to thank everyone who participated in the event this year. We had a record number of participants (153 registered) with many travelling to join us. We are also grateful to all the participants that came to support the club. Hopefully everyone had fun because it wouldn't be possible to have this annual event without you. Thanks to the titled sponsor, Tahoe Resources, and the many local businesses that donated prizes.

Thanks to all the volunteers, Brenda Smith, Sam Miron, Neal McNair, Christine Adamson, Kim Wagner, Denis Charette, Natalie Charette, Heather Young, Andrea Frappier, Frank Lanzellotti, Richard Warriner, Diane Dorion, Muriel Froment, Wendy Mair, Peter Lanzellotti, Larry and Sylvie Labelle, Rob White, Ray Denis, Rhys Lucas, Mary Bertmortel, Lorne and Diane Luhta, Gerry McNair, Bev Beaven, Glen Shalton and Tammy Booth. The event was fun and successful!

**PSR Events**    *Follow us on Instagram and Facebook*  
~Christine Dorion    #porcupineskirunners #psr

Our weekly Evening Snowshoe and Ladies Nights were busy nights at Porcupine Ski Runners this year. Many new members were seen out during the week, and it was a pleasure to host.

Learn to Ski Lessons were a great addition this year. Thanks to Diane and Lorne Luhta who helped many participants who were interested in receiving both classic or skate ski lesson.

Diane Luhta was hard at work this winter with our 2019 Inukshuk. There were not enough blocks to build a castle, but it looked great. Thanks everyone who brought blocks out. The Inukshuk was short-lived since only a few days later the high temperatures melted all this work.







## 2018-19 Financial Summary

~Beverly Beaven, CPA CGA, Treasurer

Despite the fact that during the fall we had our light poles damaged, which became an unexpected expense to the club this year, we had a great ski season thanks to the snow and the weather. The Canadian Masters were held this year as well as our yearly Loppet.

Our biggest expenses are payroll, property taxes and utilities, insurance and the upkeep of the equipment and trails.

Our fiscal year is from June 2018 to May 2019. The information provided is up to March 2019. We still have a few more months worth of expenses to record but we should end up with a positive net income by the end of May.



Photo provided by Christine Dorion

## Jackrabbits Youth Program

~Christine Dorion

Jackrabbits this year was so much fun. I enjoyed my season teaching over 70 registered kids including many new participants. It was nice to meet all the new families. New friendships were made, all while having fun during the cold winter months. Winter was a record cold one for the kids this year. We actually cancelled a few sessions which hasn't been done in many years. I would like to thank all the parents for involving their kids in this great winter program. This program would not be possible without the involvement of parents and of course the volunteer coaches and helpers.

A big thank you to Derrick Cremin, Denis Charette, Angie Bernier, Peter Lanzellotti, Richard Warriner, Anabelle Jesabelle Gagne, Craig and Alana Graham, Diane Luhta and all those parents who helped with each group. Also a great thank you to the race team members for helping out this season. The kids really enjoyed having them around during the sessions.

As promised, the kids who participated this year will be guaranteed a spot in the program next year, if we have the number of coaches available. Jackrabbit registration for next season will be on November 16-17, 2019.

### Looking for Coaches, Assistant Coaches or Helpers

This upcoming fall, we will be offering a coaching course to those interested in helping to coach or assist coach. If anyone is willing to help next season you may contact Christine at [psrjackrabbit@gmail.com](mailto:psrjackrabbit@gmail.com)

REVENUE:	Memberships	78,121.41
	Rental Equipment	20,405.32
	Masters	18,073.03
	Day Fees	17,248.95
	Rentals (Lockers & Chalet)	13,113.55
	Jackrabbit	8,930.00
	Donations	3,216.50
	Loppet	1,823.01
	Other	9,017.35
TOTAL REVENUES		169,949.12
EXPENSES	Payroll	23,767.14
	Property Taxes & Utilities	22,358.43
	Insurance	21,229.34
	Equipment & Trails	18,752.65
	Masters	14,367.30
	Management Co-ordinator	12,585.00
	Other	13,521.58
	TOTAL EXPENSES	126,581.44
Revenue less expenses		43,367.68



## 1000 Kilometre Challenge

~Lorne Luhta

After five months of snow, skiing at the club is almost over. At the time of writing, April 28<sup>th</sup>, there were still a few die-hards skiing at PSR even though the grooming had stopped. This year a total of twelve members skied over 1,000 km. With the extremely cold temperatures in January and February it was a challenge to get that magical thousand, even though we had plenty of snow. To make up for the cold months we had great skate skiing at the end of March and early April, with warm temperatures and fast conditions. That was when you could really get the kilometres in. On the whole it was a great winter and skiing is a great way to enjoy the long winter.

Claude Castilloux recorded the most kilometres with 2,163. Dave Mullen skied over 1,000 two years in a row after a knee replacement. Teenager, Xander Frappier, was the youngest skier to achieve the goal. Mary-Anne Church used her training to achieve two top ten places at the World Masters in Norway. Brenda Smith, Nick-Kanya Forstner, and Mike Kornell were in great condition and participated in 50 km loppets in Switzerland and Norway—the Engadine and the Vasaloppet.

Below is the list of skiers who met the challenge of 1,000 km in a season and those who skied over 600.

## 1000 KM CLUB

Claude Castilloux	2,163	<b>ALMOST THERE</b>	
Kevin Montgomery	1,429	Ray Denis	948
Dave Mullen	1,410	Raphael Delli Quadri	882
Jane Schultz	1,375	Dave Schultz	845
Brenda Smith	1,355	Denise Kornell	809
Xander Frappier	1,327	Diane Luhta	800
Mary-Anne Church	1,247	Erik Luhta	800
Mike Kornell	1,182	Spyke Pintar	666
Nick Kanya-Forstner	1,168	Stan Vasiliauskas	653
Lorne Luhta	1,138	Cole Ruddell	642
Alan Heino	1,007	Rob White	635
Rhys Lucas	1,000	Jan Deyne	620
		Julia Vodusek	620
		Brenda Vodusek	600

## Biathlon Report

~Angele Caporicci, President Timmins Biathlon Club

The Timmins Biathlon Club held another successful season with approximately 20 Biathlon Bears/Racers registered. Several events were attended by athletes including: Biathlon O'Cup Races, OFSAA Cross-Country Races, and Cadet Biathlon Races in Chelsea, QC, Val-Cartier, QC, Sault Ste. Marie, Collingwood and North Bay.

At the NEO Cross-Country race, Alexander Frappier achieved 1<sup>st</sup> and Nathan Lloyd 3<sup>rd</sup> in the Junior category. Connor Stewart achieved 1<sup>st</sup> place and Andraya Johnstone reached the podium with a 2<sup>nd</sup> place finish. All athletes went on and finished well at OFSAA.

In the Biathlon Cadet races, Alexander Frappier achieved silver medals in both the Area and Provincial Competitions in Sault Ste Marie. Cole Ruddell achieved a silver medal at Area Biathlon. Both Nathan Lloyd and Andraya Johnstone finished with an impressive 1<sup>st</sup> place as a mixed relay team at Area Biathlon. Alexander Frappier also attended his first year of civilian racing in Val-Cartier and Chelsea, gaining valuable experience at the higher caliber races. He is looking forward to racing for Biathlon Ontario next season, gearing his way up to attending races at Canada's National Biathlon Training Centre in Canmore, Alberta.

We also hosted the Timmins Biathlon Club Race in March where several of our athletes did very well. Senior Boys: Alexander Frappier-1<sup>st</sup>, Cole Ruddell-2<sup>nd</sup>, Nathan Lloyd-4<sup>th</sup>. Senior Girls: Andraya Johnstone-1<sup>st</sup> overall. Junior Boys: Wil Little-1<sup>st</sup>, Dylan Frappier-2<sup>nd</sup>. Our younger Bears also did well. Pre-Junior Girls: Sarila Daniels-2<sup>nd</sup>, and Pre-Junior Boys: Liam Goulet-1<sup>st</sup>, Jeremy Martin-2<sup>nd</sup>, Kohl Morissette-3<sup>rd</sup>.

Our racers will begin summer and fall training again in a few weeks, including a training camp in June, to get ready for more races. The Bears season begins again in December. We look forward to welcoming new athletes, aged 8 and up, as well as any adults who wish to learn to coach this fun and challenging winter sport. We need the support of volunteers in order to continue to grow and improve the athletes' results in the coming season.



Photo provided by David Vodusek

## Rookies vs. Veterans

~David Vodusek

It was another record turnout at this year's Rookies vs Veterans race, and the Veterans once again prevailed over a young, but up and coming, Rookies team. This year's gap was exactly nine minutes and the veteran skiers were able to defend their long standing title once again.

This year's event was freestyle technique and took place as four relay teams with the combined times determining the winner on the 2.1 km pink loop.

The first Rookies vs. Veterans race was held in 1978. A big thank you to Ray Denis for grooming, Denis Charette and Christine Dorion for timing, Nat Charette for bibs, Monique Meunier for making the fantastic lunch and Rhys Lucas and Mike Young for setting up the course. Better luck next year.☺

## Schools and Groups

~Neal McNair

This season saw a continuation of the high usage of our trails and facilities by local schools. In total 16 different schools registered with us to use our ski and snowshoe trails. We also had some participation under our group use policy.

School groups require considerable time from our administration volunteers and from our rental room staff. The benefits to PSR include over \$13,000 in revenue and, most important, the exposure of potential new members to our trails and facilities. It is great to see so many local school kids getting outside and enjoying our northern winters. Thank you to all the teachers and principals who lead these groups every season.

School group Participation and Revenue Summary:

Total participants (participant days):	3,072
Total unique participants (estimated):	895
Total revenue:	\$13,420.00
(Revenue from registration fees, trail fees and rental fees)	

Rookies vs Veterans 2019 (Skate 2.2KM)							
Group 1 Rookies		Group 2 Rookies		Group 1 Vets		Group 2 Vets	
Skier	Time	Skier	Time	Skier	Time	Skier	Time
Dylan Frappier	07:18.0	Andraya Johnstone	07:42.0	Rhys Lucas	07:23.0	Mike Young	07:26.0
Wil Little	07:17.0	Julia Vodusek	07:53.0	Mike Kornell	07:38.0	Neal McNair	07:34.0
Marissa Pladzyk	09:31.0	Rowan Stinson	09:14.0	Lorne Luhta	09:06.0	Derrick Cremin	08:26.0
Jade Shalton	08:19.0	Chloe Young	08:37.0	Erik Luhta	07:45.0	Heather Young	08:55.0
Olivia Vodusek	10:14.0	Cole Rudell	07:50.0	Mary-Anne Church	08:45.0	David Vodusek	08:05.0
Riley Luhta	12:19.0	Claire Young	09:38.0	Andre Noel	07:57.0	Kevin Montgomery	10:36.0
Chantal Kukulka	09:47.0	Brielle Charette	09:37.0	Ray Denis	08:35.0	Nel Vandermeer	08:07.0
Mari Luhta	10:06.0	Nicole Kukulka	09:15.0	Rob White	09:55.0	Scott Sampson	07:33.0
Xander Frappier	06:57.0			Karl Labrose	08:48.0		
TOTAL	1:21:48	TOTAL	1:09:46	TOTAL	1:15:52	TOTAL	1:06:42
2:31:34				2:22:34			
Winners: Veterans							



## Membership Report

~Neal McNair

This year we implemented a significant change to the membership structure by eliminating all family categories. The goal was to establish a more balanced distribution of the membership expenses. To be clear, this change was revenue neutral as our per-member revenue has barely changed from last season; however, it did result in a better balance of everyone paying their fair share.

Along with the change in categories came a revamped online registration system which seemed to work well. Members can now access their accounts at any time to purchase and renew memberships or lockers and get locker combinations or membership receipts. This resulted in less administration time needed to keep track of the membership registrations and revenues as well as locker assignments. If you have not yet used the online membership registration, we encourage you to give it a try next season.

On to the numbers...we had a total of 891 members this season, which was an increase of 21 from last year. We had the advantage of an early start to the season, which always helps drive early memberships, but there is no doubt that the efforts by the PSR Board to offer a range of programming options for both youth and adults helped get new registrations as well. Thank you to all volunteers who work so hard to offer quality trails, programming and customer service to the membership. A PSR membership remains an incredible bargain thanks to these efforts. The table below gives a detailed breakdown of our membership and related revenue:

Memberships		Associated Revenue
<b>Total Members</b>	<b>891</b>	<b>\$88,180</b>
Ski Memberships	813 (91%)	\$84,100 (95%)
Snowshoe Memberships	78 (9%)	\$4,080 (5%)
<b>Sub Categories</b>		
Adult Ski	472 (53%)	\$63,720 (72%)
Senior Ski	129 (14%)	\$12,900 (14%)
Teen Ski	59 (7%)	\$3,245 (4%)
Youth Ski	121 (13%)	\$4,235 (5%)
Child Ski	32 (4%)	\$0 (0%)
Adult Snowshoe	41 (5%)	\$2,460 (3%)
Senior Snowshoe	34 (4%)	\$1,530 (2%)
Teen Snowshoe	0	\$0 (0%)
Youth Snowshoe	3 (0%)	\$90 (0%)
<b>Net Membership Related Revenue</b>		
Gross Membership Revenue	\$88,180	
Gross Locker Revenue	\$10,860	
Member Donations (Thank you to the 129 members who made donations!)	\$3,110	
	<b>\$102,150</b>	
CCC Memberships and Insurance	(\$17,118)	
HST (Memberships)	(\$10,145)	
HST (Lockers)	(\$1,249)	
<b>Total net membership revenue</b>	<b>\$73,638</b>	

## PSR Junior Development Ski Team

~David Vodusek, Coach

The PSR Junior Race Ski Team had another fantastic ski season and continued to proudly represent the Porcupine Ski Runners at the Ontario Cup events held at Lappe Nordic, Walden Nordic, Highlands Nordic, Nipissing University, Ontario Youth Championships in North Bay, World Junior Trials in Mount Ste. Anne and the Canadian Championships in Nakkertok. The PSR team includes: Brielle Charette, Dylan Frappier, Chantal Kukulka, Chloe Young, Claire Young, Jade Shalton, Julia Vodusek, Kristen Kornell, Marissa Pladzyk, Maxim Charette, Mari Luhta, Nicole Kukulka, Olivia Vodusek, Oscar Clarke, Rowan Stinson, Riley Luhta, Wil Little and Xander Frappier.

At the race team's first event this season, the Ontario Cup #3 at the Nipissing Nordic Centre, the PSR team collected ten top three finishes over the two day event. Kristen Kornell in the Junior Girls placed 5<sup>th</sup> in the 7.5km classic and 11<sup>th</sup> in the 7.5km freestyle. Xander Frappier was 31<sup>st</sup> in the 6km classic and 13<sup>th</sup> in the 3km freestyle. In the Girls 2005/06 category, Julia Vodusek collected a bronze medal in the 3km classic and a silver medal in the 3km freestyle. Teammate Jade Shelton, also in the Girls





2005/06 category, collected a bronze medal in Sunday's 3km freestyle and 4<sup>th</sup> in the 3km classic. Also in the Girls 2005/06 category, Brielle Charette was 5<sup>th</sup> in the 3km classic and 8<sup>th</sup> in the freestyle, while Marissa Pladzyk placed 6<sup>th</sup> in both the classic and freestyle events. In the Boys 2005/06 category, Wil Little was 5<sup>th</sup> in the 3km freestyle and 8<sup>th</sup> in the 3km classic, Dylan Frappier was 9<sup>th</sup> in the 3km classic and 8<sup>th</sup> in the freestyle event with newcomer Rowan Stinson placing 11<sup>th</sup> in the classic and 9<sup>th</sup> in the freestyle. In the Girls 2007/08 year of birth categories, Saturday's classic event, sisters Chantal and Nicole Kukulka and Chloe Young were 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> respectively, with teammate Claire Young placing 6<sup>th</sup>. In Sunday's freestyle, Chloe Young captured the gold medal with Nicole Kukulka placing 2<sup>nd</sup>, Chantal Kukulka 4<sup>th</sup> and Claire Young 5<sup>th</sup>. In the Girls 2009/10 year of birth, Olivia Vodusek collected two gold medals in the 1.5km classic and 1.5km freestyle.

At this year's Ontario Youth Championships at the North Bay Nordic Ski Club, the PSR was well represented during the event collecting thirteen medals over the two-day event. This is up from the previous year where the team collected nine medals. On the first day of competition in the Girls 2008 year of birth 3km freestyle event, sisters Chantal and Nicole Kukulka captured gold and bronze medals respectively, with teammate Claire Young placing 7<sup>th</sup>. In the 2007 year of birth, Chloe Young won the bronze medal in the 3km freestyle category with Mari Luhta placing 9<sup>th</sup> out of a field of 18 competitors. PSR newcomers Wil Little was 14<sup>th</sup> and Dylan Frappier was 15<sup>th</sup> in the Boys 2005 year of birth, with teammate Rowan Stinson placing 21<sup>st</sup>. In the Girls 2005 year of birth, Jade Shalton was 5<sup>th</sup>, while in the Girls 2006 year of birth Julia Vodusek, Brielle Charette and Marissa Pladzyk were 5<sup>th</sup>, 13<sup>th</sup> and 18<sup>th</sup> respectively. In the Boys 2010 year of birth, Maxim Charette was 7<sup>th</sup> with Riley Luhta capturing the gold medal in the girl's freestyle. In the 2009 year of birth, Olivia Vodusek was fourth place.

On the second day of competition, classic technique, Chantal Kukulka captured her second gold with Nicole capturing the silver medal and teammate Claire Young placing 7<sup>th</sup>. In the 2007 year of birth, Chloe Young won her second bronze medal in the 3km classic category with Mari Luhta placing 7<sup>th</sup>. In the boys 2005 year of

birth, Wil Little was 15<sup>th</sup> and Dylan Frappier was 21<sup>st</sup>. Teammate Rowan Stinson placed 19<sup>th</sup>. In the girls 2005 year of birth, Jade Shalton was 5<sup>th</sup>, while in the girls 2006 year of birth, Brielle Charette, Marissa Pladzyk and Julia Vodusek were 6<sup>th</sup>, 8<sup>th</sup> and 12<sup>th</sup> respectively. In the boys 2010 year of birth, Maxim Charette was 9<sup>th</sup>. Riley Luhta captured her second gold medal in the 2.6km classic girls 2010 category. In the 2009 year of birth, Olivia Vodusek was 5<sup>th</sup> place.

At this year's OFSAA at Highlands Nordic in Duntroon, Kristen Kornell collected the silver medal in the Senior Girls category 6.2km freestyle in a time of 20:41, just 4 seconds behind winner, Sophie Levasseu of Pembroke. At the World Junior Trials in Mount Ste. Anne, Kristen Kornell, placed 3<sup>rd</sup> in the 2001 year of birth and 7<sup>th</sup> overall in the 5km classic and 5km freestyle Junior Girls category. Kristen proudly represented the PSR at Ontario Cups races also held in Thunder Bay & Collingwood and at the 2019 Canadian Championships at Nakkertok and was amongst the fastest in the province in her age class. She has been a member of the Ontario Ski Team for the last 4 years, and now heads to Lakehead University in Thunder Bay where she will race on their varsity ski team. We wish her the best of luck and look forward to seeing her at Ontario Cups next season.

Since the team began training as a group in October, the skiers have continuously improved in both fitness and ski technique and their results from this past season reflect the commitment of both the racers and their parents. The team held 3 practices each week; however, many of these young athletes demonstrated their dedication to the sport by training an additional 3-4 times each week on their own. As a result, they were able to reach impressive distance goals and a congratulations go out to them.

The team extends a big thank you to the club, grooming crew, coaches, trainers, waxers and race team parents for their countless hours volunteering and helping to make competitive ski racing/training a fun and rewarding sport at our club. The team continues to train throughout the summer months, focusing on teamwork, sportsmanship and having fun with group workouts and races. Anyone with any questions about the program can email David Vodusek at [psrrace@gmail.com](mailto:psrrace@gmail.com).



## 12 Hour Challenge

~ David Vodusek

2019 saw the return of the 12 Hour Challenge and congratulations to all participants who took part in this year's event. We had 33 participants and a total of 1,566KM skied. A special thank you to our early morning groomers Ray Denis and Rob White, Heather Young and Rada Deletic and Vodusek Denture Clinic for providing meals and snacks and Lorne Luhta Ski Sales for providing the draw prizes. Draw prize winners included Andre Noel (OW Tuque), Chantal Kukulka (OW Drink Belt) and Julia Vodusek (Atomic T-Shirt).

Participant	Target Distance	Distance Skied	Participant	Target Distance	Distance Skied
Michael Young	50KM	81KM	Xander Frappier	165KM	114KM
David Vodusek	50KM	50KM	Dylan Frappier	75KM	100KM
Wil Little	75KM	100KM	Raphael Delli Quadri	30KM	42KM
Andre Noel	120KM	115KM	Brenda Vodusek	75KM	70KM
Cole Ruddell	100KM	83KM	Erik Luhta	50KM	51KM
Chloe Young	40KM	40KM	Julia Vodusek	60KM	75KM
Claire Young	32KM	35KM	Chantal Kukulka	35KM	28KM
Nicole Kukulka	35KM	28KM	Claude Castilloux	20KM	20KM
Mary Anne Church	30KM	40KM	Heather Young	42KM	32KM
John Sullivan	25KM	25KM	Andraya Johnstone	50KM	53KM
Stan Vasihauskas	32KM	32KM	Connor Stewart	50KM	65KM
Mary Berkmortel	2KM	2KM	Kevin Montgomery	30KM	37KM
Olivia Vodusek	30KM	31KM	David Mullen	30KM	31KM
Brenda Smith	35KM	36KM	Rosalie DuToit	5KM	5KM
Anne Champon	5KM	5KM	Jade Shalton	75KM	75KM
Lorne Luhta	30KM	31KM	Rhys Lucas	30KM	34KM



Porcupine Ski Runners

### VISION

*Promoting and leading a healthy outdoor lifestyle*

### MISSION

*To provide cross country ski and snowshoe facilities and related programming to promote family oriented sport and recreational experiences*

### VALUES

*Service: develop and maintain high calibre trail systems, facilities and programs*

*Community: create a welcoming and respectful environment that promotes sport for life and opportunities for volunteers*

*Family: foster togetherness through the appreciation of nature and love for Nordic sport*

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