

# ***The Inside Track***

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



## **President's Message**

*-Christine Dorion*

This season will be another great season . We have a team of great volunteers to make this an amazing season. Staff and gate crew we be greating you all season long. Of course we will get to see all those friendly faces again and possibly new ones around the club and on the trails.

The determination to make this club great will bring this club the most beautiful trails. Thanks to the volunteer crew who help maintaining the trails all year round and waking up in the middle of the night to ensure we have the best trails possible.

Facilities and Operations Volunteer bring you the first class service and smooth operations to the club.

We will be offering again many great activities and events for all ages and abilities.

If there is any member of our ski or snowshoe community that would like to get involved, has ideas or comments to share, please contact me or any member of our Board.

See you all soon along the trails.

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Please like us and follow us on facebook to get all the upcoming events and updates.

## **Fall Issue**

**October 2019**

Purchase membership prior to December 1st  
Receive a draw to win new season locker rental or towards purchased locker rental.

*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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### **Executive**

Christine Dorion President  
Denis Charette Past President  
Brenda Smith Vice President  
Rhys Lucas Secretary  
Bev Beaven Treasurer

### **Officers**

Kim Dorion Newsletter  
Mike Kornell XCSO/NOD  
Neal McNair Membership & Schools  
Gerry McNair Operations

### **Directors**

Angele Caporicci Timmins Biathlon  
Sylvain DeLaplante Communications  
Alan Heino Facilities & Personnel  
Germain Lauzier Equipment & Garages  
Lorne Luhta Trails  
Sam Miron Snowshoe  
Spyke Pintar  
David Vodusek Athlete Development



## Personnel Report

~Alan Heino

Porcupine Ski Runners is pleased to welcome back Brent Cleverdon for his ninth season as our Lead Chalet and Rental Room Attendant. Brent will be starting in mid-November and his first priority will be pre-season duties such as preparing the chalet for the ski season and completing any

outstanding waxing of rental room skis. After the ski season starts, Brent will be assisted by student workers in the rental room, with janitorial duties in the chalet, provide assistance on weekends and after school, and at the gate. Students are William Bernier, Madison Bouffard, Nathan Lloyd, Danielle Southcott and Keenan Cleverdon.

## Facilities Report

~Alan Heino

The Facilities committee consisting of Gerry McNair, Ray Denis, Rob White and Alan Heino primarily looks after the chalet. The committee continues its work throughout the summer and fall 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, taking garbage to the dump, changing furnace filters, updating equipment when required, maintaining external security lights, reorganizing storage, updating signage and many others.

The following are highlights of activities addressed by the facilities committee during the off season:

- A number of groups rented the Lounge this summer for meetings, training sessions and various social events. Note that we do not rent for events where alcohol will be served so it's unusual to rent for a wedding reception but we had one this summer. The rental fees help to offset some of the expenses that continue during the summer months such as: property tax, electricity and propane. We feel it is also 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. Some of this summer's returning tenants included: Imerys, the Alzheimer's Society, the Mennonite Society, Northern College, Emergency Medical Training Canada, the Timmins and District Hospital and the German Club. Some of the new tenants included: Timmins Ringette and a number of individuals. 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: Ray Denis and Gerry McNair. 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.
- In June, 2019, Miller Paving contacted us to ask permission to use our parking lot as their "base" during the construction work on Highway 101E, just east of PSR. As payment for using our parking lot, Miller has provided some material and work for the club including: soil (black muck) for fill around the chalet, sand to fill a low area between the chalet and entrance road, gravel to form a base for the concrete pad that will support the diesel fuel tank, gravel plus grading in front of the chalet, the garages and the gravel portion of the entrance road. When their work office and equipment was removed from our parking lot, they graded the entire parking lot. Hydro One had been dumping wood chips in our parking lot during the summer and Miller moved them through the gate at the back of our parking lot onto the trail and stadium.
- Also in June, our insurance provider performed a site inspection and made some recommendations for improvement. One of the recommendations was to upgrade or replace the diesel fuel tank on the property. We chose to replace the diesel fuel tank with a new double walled tank. Other recommendations associated with the diesel fuel tank were also acted upon: the tank has been installed on a level continuous concrete pad, and equipped with impact protection, the electrical wiring for the pump was reviewed by an electrician to ensure it complies with Electrical Code standards. Additionally, the tank has been moved away from the buildings to reduce the fire risk. Thanks to Ray Denis, Gerry McNair, Rob White and Denis Brûlé for completing all the tasks required for this project. Another recommendation was to reduce the risk of trips and falls by building handrails for the steps on the exterior deck. These have been installed by Ray and Gerry.
- Ray has used the soil provided by Miller to fill some areas around the foundation of the chalet that had settled somewhat. He planted grass seed on the newly installed earth and he dug a trench to improve run-off water near the Locker Room entrance door.
- Gerry built a cabinet to display our wax and supplies that we sell in the rental room. It will replace the temporary "glue on" display we had last year. Brenda Smith has kindly washed all the windows on the outside in June.
- Gerry has developed parking lot plans to deal with occasions when we have to park many vehicles. Ray and Gerry measured the boundaries of the parking lot, as close as they could and Gerry used a compass to determine the direction of each boundary line. This does not give survey accuracy but should be "close enough." This plan requires parking monitors to guide drivers to parking spots. He has also developed a series of sketches for layout of furniture for various functions in the Lounge. These, of course, are just a guideline and can be adjusted according to the needs of the group that is renting or using the Lounge.



## Membership Report

~Neal McNair

We had 891 total members last season, and we hope to have at least as many this year. Membership fees, locker rentals and member donations represent by far the club's largest revenue source. Our members and volunteers are the foundation of our club. Your support is why we remain financially viable year after year while offering high-end facilities at very reasonable rates. Thank you to all our members!

We encourage all members to use our online membership portal to renew their memberships for this season. Your memberships can be renewed with only a few button clicks and entering new members is also easily done. You can also:

- Renew/rent locker(s) for the season
- Find your locker number and combination
- Access payment receipts and membership cards
- Update your address and contact information

### Register Offline

We understand that online registration is not feasible for everyone, so paper membership applications are still available, and you will find one in this newsletter. Keep in mind that each paper-based application requires additional volunteer time to enter the data and mail out receipts, so we encourage online registration if at all possible.

### Pay Online or Offline

If you register online, you have the option of paying online or offline. Online payments are done securely via Stripe.com – Porcupine Ski Runners does not collect or store your credit card information. Offline payments can be done in-person at the PSR chalet using cash, cheque, debit or credit card, or by mail using a cheque.

Membership fees are unchanged this season:

Age (as of December 31, 2019)	Ski and Snowshoe	Snowshoe Only
0 – 5	\$0	\$0
6 – 12	\$35.00	\$30.00
13 – 19	\$55.00	\$30.00
20 – 59	\$135.00	\$60.00
60+	\$100.00	\$45.00
Membership fees include the HST as well as \$20 per member for membership and insurance fees paid to Cross Country Canada, Cross Country Ontario and Northern Ontario Division.		



Register Online at [www.porcupineskirunners.com](http://www.porcupineskirunners.com)

### Lockers

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 only 11 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 31st 2019, meaning you will have to purchase your membership by Dec 31st in order to keep your claim to your locker. With the increasing demand for lockers, it is important that we know as soon as possible if you do not wish to renew your locker this season.

The membership portal makes it easy to give up a locker you do not plan to renew it, and it will be immediately available to rent to other members. Alternatively, you can send an email to [psrmemberships@gmail.com](mailto:psrmemberships@gmail.com) to notify us if you will not be renewing your locker.

Questions about memberships or locker should be sent by email to [psrmemberships@gmail.com](mailto:psrmemberships@gmail.com)

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



## Trail and Property Updates

~Lorn Luhta

Work at the club never stops even during the off season. All of our equipment needs servicing and some need repairs. In charge of this maintenance is Ray Denis. This year Rob White and Denis Brûlé helped Ray in the garage. This was a big job since our club owns two large groomers, a Pisten Bully and a Bombardier BR400. We also have 3 snowmobiles, an Alpina Sherpa and two skidoo Scandics plus a a four-wheeler, two brush hogs, 2 chainsaws and 6 brush cutters.

Brushcutting on the trails was completed by the first week of October. Ray Denis and Rob White used a brush hog towed behind our 4 wheeler for much of the work and the rest was done with brush cutters. All ski trails are in excellent shape and waiting for snow.

### Volunteers who helped Ray Denis

Spyke Pintar, Mike Kornell, Mike Bennet. Mike Columbus, John Sullivan, Larry Labelle Roxane Bedard, Dale Columbus, Greg Deyne Sylvia Labelle, Troy Columbus and Lorne Luhta

Following the recommendations of our insurer a new fuel tank was purchased and relocated on a newly prepared cement slab. This was organized and worked on by Ray Denis with help from Denis Brûlé, Gerry McNair and Robert Coderre.

Volunteers under the direction of Ray erected a new fence in the stadium area to separate the snowshoe trail from the ski trail. Ray, Rob White, Denis Brûlé, Germain Lauzier and Lorne Luhta helped with this job.

New metal roofing was installed on all three garages at a total cost of \$17,000. Volunteers left this job to a contractor because of safety and liability concerns.

Unfortunately for us one of the hardest working volunteers has moved away. Gerry Perreault was with our club for over 35 years. During that time Gerry was involved in trail cutting and grooming, equipment maintenance, construction and maintenance of our garages, chalet maintenance, coaching Special Olympian skiers, working at events and more.

In his honour we have named the garages "Gerry's Place". Look for the sign! We are sure going to miss Gerry!



**As you can see most of our work is done by volunteers which keeps our membership costs down and affordable.**

Over the 46 years of the club's existence volunteers have played a necessary part in making our club one of the best nordic ski clubs and venues in the province. The work is continuing and will have to continue as long as our facilities exist. We can always use additional volunteers. Besides maintenance work volunteers are also needed for administration, events, Jackrabbits and ski lessons.



## Timmins Biathlon Club/Biathlon Bears Report

~Angele Caporicci



We have two programs running simultaneously. The Biathlon Bears program (for anyone aged 9 and up) and Biathlon Racers (aged 13 and up). Biathlon Bears is designed as an entry level to the sport of Biathlon. Participants will learn the parts of the air rifle, safety requirements of the air rifle and on the shooting range, how to shoot and the format for racing.

They develop fitness through active play, games, activities, and frequent cross-country skiing during the season, all while having fun in a relaxed team atmosphere.

The club is in dire need of adults/teens who are willing to coach or help all while having fun with our young Bears on Saturdays. All you need is the ability to skate ski, to teach skiing, or a willingness to teach marksmanship. We will provide you with guidance! Please contact Angele Caporicci at [caporiccia@me.com](mailto:caporiccia@me.com)



## Jackrabbits and Skills Development

~Christine Dorion



The Skills Development Programs (Jackrabbit Program) cost is \$50. Equipment rental (if required) is an additional \$50 for the season. Please bring your child to registration for fitting. New spots are available but limited.

Children from ages 3-5 must have one adult participating in the program with them. For children ages 6-12, no parent is required but you may join if you choose. The skier and parent accompanying the child must be a member of PSR. Membership can be purchased online.

The season starts in January and the program runs every Sunday starting at 12:30pm, 1pm or 1:30pm depending on your child's group placement. Lessons are generally 1.5 hours in length.

For general questions and enquiries, [psrjackrabbit@gmail.com](mailto:psrjackrabbit@gmail.com).



**Registration Day for programs: November 23-24, 2019, from 10am-1pm at Porcupine Ski Runners.**

## PSR Junior Development Ski Team -

~David Vodusek, Coach

The 2019-2020 PSR Junior Development Ski Team currently consists of 19 athletes aged 9 to 16. The team has been training very hard this past summer and fall in preparation for the upcoming ski season. In addition to our weekly dryland training sessions and school cross country running programs, 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 and Terry Fox Run.

Due to the number of athletes, this year's team now consists of a parent race team organizing committee and the team is pleased to announce that Denis Charette will have accepted the role of team manager, Mike Young as our team trainer, Erik Luhta will be the team's lead wax & equipment technician with Heather Young as our team treasurer. We are also pleased to have Lorne Luhta as our coach emeritus.

The upcoming ski season will include several Ontario Cups, Ontario Winter Games and the 2020 Ontario Championships at Porcupine Ski Runners, March 7th and 8th. The team will continue to train throughout the autumn months, focusing on teamwork, sportsmanship and having fun with group workouts and fun runs



The 2019-2020 PSR Junior Development Ski Team members include: Amber Pietila, Brielle Charrette, Chantal Kukulka, Chloe Young, Claire Young, Dylan Frappier, Jade Shalton, Julia Vodusek, June Lucas, Mari Luhta, Marissa Pladzyk, Maxim Charette, Molly Lucas, Nicole Kukulka, Olivia Vodusek, Riley Luhta, Tyler Frappier, Wil Little and Xander Frappier.

Anyone with any questions about the program can email David Vodusek at [psrace@gmail.com](mailto:psrace@gmail.com).

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



## Events and Activities

~Christine Dorion

Weekly events begin first week in January.

### Evening Showshoe Every Tuesday 6:30pm

Volunteers will be there to guide you along the way we have three major trails 1km, 3km and 5km. trails take approx. 15min-1hr depending on the trail you chose. Bring a headlamp to enjoy this beautiful social evening snowshoe.

### Ladies Night Ski/Snowshoe Every Thursday 6:30pm

This evening is all about getting out. Ladies night offers a guided ski evening. This is a very relaxed and fun evening of skiing, for approximately 1 hour, along the lighted trail system. If you are new to skiing, this is the night to try it out. Ladies can also enjoy a great evening of snowshoe during these nights.

There is no sign up required or extra fees for these weekly events, however you must have a membership or day pass to attend.

**For all events and activities rentals will be available**

### Ski Lessons

Once again ski lessons will be made available thanks to volunteers. Date to be decided at a later date. Both skate and classic lessons will be offered. Ski lessons will be posted on Facebook and in chalet once determined. Lesson cost will be \$20 with limited spots available and sign up and payment required prior to lesson date. Membership /day pass required.

Rentals will be available for the lessons. Rental prices are available on the website or at the chalet.

### 40th Annual Loppet/Snowshoe poker run

February 29th, 2020

- 20km Skate/Classic
- 8KM Skate/Classic
- 3km Skate/Classic
- 1km Classic
- 3km Snowshoe Poker Run



**Sponsorship Available for this event.**

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

# Cross Country Ski Expo

## New and Used Ski Sales

**November 23<sup>rd</sup> and 24<sup>th</sup> from  
10 am to 3 pm at the PSR Chalet**

### SATURDAY, NOVEMBER 23<sup>rd</sup>

Used Cross Country Ski Equipment Drop off (8 am to 3 pm)

Ski Waxing Services Drop off (8 am to 3 pm)

Chalet Tours and Q & A Booth (8 am to 3 pm)

Membership Purchase, Youth Program/Biathlon Registration (10 am to 1 pm)

Grip Waxing with Lorne Luhta (11 am to Noon)

Glide Waxing with Lorne Luhta (1 pm to 2 pm)

### SUNDAY, NOVEMBER 24<sup>th</sup>

Used Cross Country Ski Equipment Drop off (7 am to 9 am)

Ski Waxing Services Drop off (7 am to 3 pm)

Chalet Tours and Q & A Booth (8 am to 3 pm)

Membership Purchase, Youth Program/Biathlon Registration (10 am to 1 pm)

New and Used Cross Country Ski Sales (10 am to 3 pm)

Retailers and Atomic Ski Reps. (10 am to 3 pm)

*Hosted by the PSR Race Team*

## PSR has been selected to host the 2020 Ontario Youth Championship

We will be host to many youth ages 9 to 14. This will be an exciting weekend for the club. We will enjoy seeing many youth attend from various cities and our own PSR Race team.

This event does cost the club a significant amount to host. The approximate cost is \$16,000.

We are looking for sponsorship for this event and we will be offering advertisement opportunities and media coverage.

Questions and volunteer opportunities and sponsorship email [skirunnersevents@gmail.com](mailto:skirunnersevents@gmail.com)



Lets support the youth!!