

# ***The Inside Track***

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



## **President's Message**

*~Christine Dorion*

Welcome Back. We are happy to announce that we have been working hard on making the club a safe place for everyone to enjoy this winter. This season will look slightly different but we encourage everyone to enjoy the beautiful trails. Facebook will keep you updated on all activities and changes during the season. Happy trails everyone.

### **Executive:**

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

### **Directors:**

Angele Caporicci  
Sylvain deLaPlante  
Alan Heino  
Germain Lauzier  
Lorne Luhta  
Sam Miron  
David Vodusek  
John Sullivan



## **In this issue:**

**President's Message**

**2020-21 Exec & Directors**

**2020-21 COVID-19**

**Trail Report**

**2020-21 Membership**

**Timmins Biathlon Club**

**Jackrabbits Youth Program**

**Events**

**PSR Race Team**

**Personnel**

**Facilities**

**Application for membership**

**Winter Issue**

**Dec 2020**

*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: Kim Dorion

Box 250  
Schumacher, ON  
P0N 1G0  
[www.porcupineskirunners.com](http://www.porcupineskirunners.com)



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



## 2020-21 COVID-19

~ Alan Heino, Angele Caporicci, Christine Dorion

We would like to inform everyone that, in response to the COVID-19 pandemic, PSR has put in place some safety practices for the club. We ask everyone to please keep occupancy inside the chalet to a minimum as this will help us in being able to keep the chalet open. We have set occupancy limits in all areas of the building and this information has been posted on signs. These signs also have reminders about safe practices so please keep an eye out for them.

We have put some control on the use of entrance doors:

1. The main entrance is to access only the Lounge, Washroom and Rental Room. That main entrance door is for entry only so folks must exit from the Lounge using the side door which is near the kitchen.
2. For members who rent a locker – please use the entrance door to the chalet that is near the Locker Room to get your skis from your locker and when you return them to your locker. You will exit using that door as well and you may also use the Change Rooms. But we'd like to minimize traffic in the corridors so please avoid "just dropping in" to the Rental Room or Lounge if you don't need to. Remember that we want people to use the main entrance to get to the Lounge or Rental Room.
3. Persons renting skis or snowshoes will have to exit the Rental Room with the equipment via the door that takes them directly outdoors. They will return the equipment using that same door.

There are other precautions that we've put in place:

1. Only one washroom will be open in the Lounge and this will be the Family Washroom. This is to reduce the amount of cleaning and sanitizing our staff will have to do. We ask that everyone prepare ahead of time as much as possible prior to arriving.
2. Mask or face covering is mandatory in the chalet at all time.

If you have questions, our staff will be able to assist. Our staff will be asked to remind folks if more persons want to come into a room and that would exceed the occupancy limit for the room. They may also remind anyone about the requirement to wear a mask in the chalet. They will only ask or remind so please cooperate; we want a safe and happy ski season. If the province or Porcupine Health Unit change regulations, we may have to make changes to what goes on in the chalet but we expect to be able to ski and snowshoe throughout the season. We thank you in advance for your cooperation.

## Trail Report

~Rhys Lucas

Even the summer and fall months can be busy at Porcupine Ski Runners. Starting early in the summer Ray Denis continues to spread wood chips to areas of the trails that need smoothing. Covering rocks and keeping the trails flat allows us to ski on very little snow. One of the bigger annual required jobs is brush cutting. This year Rob White began trail clearing with the brush hog in late August. The brush hog takes care of the middle section of our trails making it a lot less time consuming to manually brush cut the sides. Maintaining the 30+km of trails was completed by the end of September. Some improvements were made to a section of the sprint loop which was widened this spring; this will make it easier for us to host mass start races in the future. Rob and Ray also repaired a few lights posts along the 3.5km of lighted trails. With the trails maintenance and grooming equipment servicing complete for the fall all we are waiting for now is snow.

Thank you to the following volunteers for helping with trail/equipment work in the off-season:

Ray Denis  
Rob White  
Korben Dixon  
John Sullivan  
Paula Roy  
John Labine  
Gary Marshall  
Greg Deyne  
Dave Vodusek  
Alan Heino  
Roxanne Bedard  
Steve Pladzyk  
Luciano Torresa  
Denis Brûlé  
Germain Lauzier  
Northern College second year police foundation students



## Membership

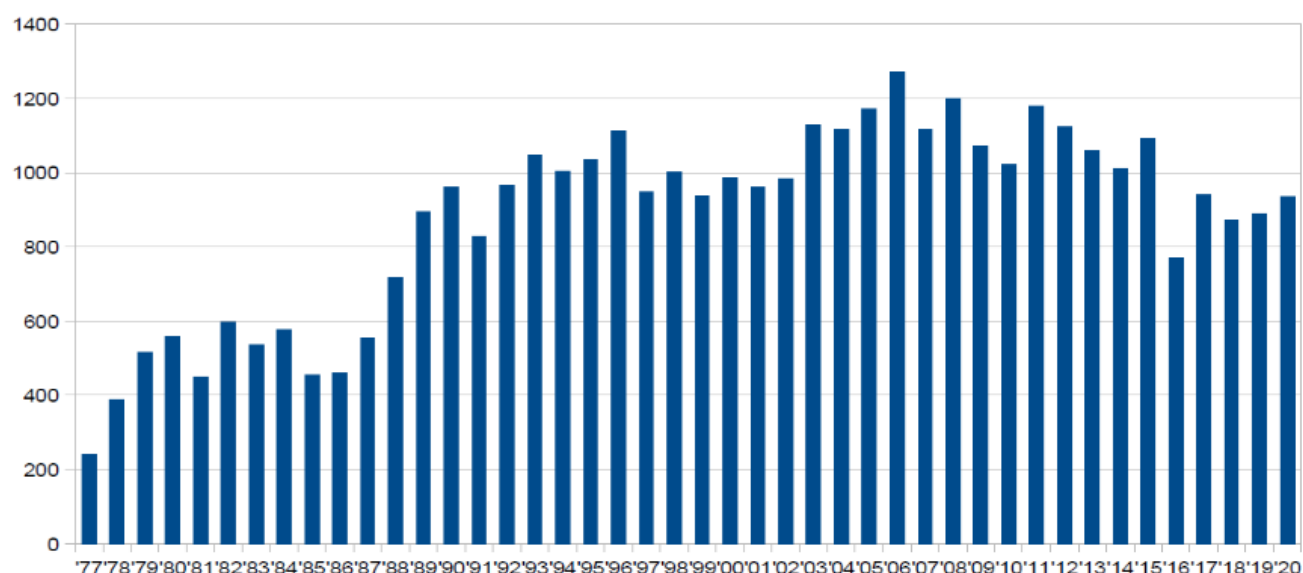
~ Neal McNair



We had 935 total members last season, and that was our third season in a row where the total membership increased from the previous year (see the historical chart below). We hope the trend continues this season. We are off to a great start – as I write this article on November 14th, we already have 406 members registered. That is certainly a record for early registrations. The October snowfall helped, but many of those registrations were from first time members, so we may see a very good year for registrations. You can do your part by encouraging friends and family to give XC skiing or snowshoeing a try. Despite all the uncertainty during the pandemic, we can rest assured that skiing and snowshoeing will remain safe and available activities

### Porcupine Ski Runners

Membership Numbers



### Membership fees are unchanged this season:

Age on Dec 31 2020	Ski and Snowshoe	Snowshoe Only
0 – 5	\$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)*

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.

## **Lockers**

Lockers are available for PSR members to rent on a seasonal basis at a cost of \$60.00 per season. Last year we rented all 192 lockers that were available. We ran a waiting list for locker requests through the “turnover period” where lockers rented the previous season are either renewed or given up. In the end, everyone who requested a locker was able to get one, but it was clear that the demand was growing. To meet the demand our hard-working volunteers added 24 new lockers, bringing us to 216 lockers available to rent. While that sounds great, the early membership rush resulted in all the new lockers being rented before the end of October, and we are back to running a waiting list for locker rentals. If you had a locker last season, it will be held for you only until December 31st 2020, meaning you will have to purchase your membership by Dec 31st in order to keep your claim to your locker. However, 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 your locker if 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 that you will not be renewing your locker.



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



## Timmins Biathlon Club

~ Angele Caporicci



Welcome to the 2020-2021 TBC Biathlon Bears season! The TBC group has, at this time, 5 Racers and approximately 10 Bears registered so far for the season. Biathlon is a winter competition involving cross-country skiing (skating technique) and marksmanship. The combination of cross-country skiing and firing a rifle requires not only endurance and strength, but also tremendous skill and precision. Winter conditions make this sport a fun and rewarding challenge. The Bears program is geared to athletes aged 9 and up. Racers usually start at the age of 13 years (Air Rifle), with those racing in the IBU categories (Senior and Youth .22 competitive classes) at age 15 years and up. If you are skiing on the Ski Runners trails, you will often see our group out there, in a small nook of a corner around the sprint trail. Coaches, parents and athletes are all working together to master this exciting and challenging sport. We hope you will come visit and learn more about our group! The philosophy of our program is to have fun while learning an exciting sport, with the hope of encouraging them to continue this sport, trying competitions, meeting new friends, while treating all with respect, in a safe environment. Biathlon Bears training is scheduled once a week every Saturday from 11:45 am to 2:00 pm from December 12th, 2020 until March 28th, 2021. This season, the Racers will be attending some races in Chelsea, Collingwood, Québec and we are planning to host a Biathlon Ontario Air Rifle race, yet to be determined, during March break. We hope to have all athletes participate in this race. See you all on the trails!



*Photo provided by Christine Dorion*

## Jackrabbits Youth Program

~Christine Dorion

The Jackrabbit program for young skiers, ages 3 to 12, will be offered this year. We will not be enjoying the coloring and snacks after class because of COVID-19 restrictions. But that won't stop us from enjoying some outdoor fun. Registration is done online and program fees and details are posted on our website ([porcupineskirunners.com](http://porcupineskirunners.com)) under programs. If you have questions, please email them to [psrjackrabbit@gmail.com](mailto:psrjackrabbit@gmail.com). We are always looking for helpers so if you'd like to assist with the program in any way, please let us know by sending a message to the jackrabbit email address.

## Events

~Christine Dorion

Evening snowshoe and ladies' night will still be happening during the season - same as previous years. Tuesday will be snowshoeing at 6:30pm and Thursdays 6:30pm will be ladies' night for skiing with special pricing for equipment rentals. We ask that people meet outside and keep time spent in chalet to a minimum. Events are subject to change during the season and we will be monitoring these evening events. Details will be posted on Facebook. Lessons may be offered this season and if so, the dates will be announced at a later date. These details will also be posted on Facebook.



## **PSR Race Team**

*~ David Vodusek, Coach*

The 2020-2021 PSR Race Team currently consists of 19 athletes aged 8 to 17. The athletes have been consistent in their training this past summer and are eager to start skiing and build on their conditioning for the upcoming ski season. Due to Covid-19, the race season schedule for our squad has yet to be confirmed but the team will take in as many events as possible. 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 Charette, Chantal Kukulka, Chloe Young, Claire Young, Dylan Frappier, Jade Shalton, Julia Vodusek, June Lucas, Mari Luhta, Marissa Pladzyk, Molly Lucas, Muriel Wray, Nicole Kukulka, Olivia Vodusek, Riley Luhta, Tyler Frappier, Wil Little and Xander Frappier. For the upcoming ski season, the parent race team organizing committee include: Denis Charette, team manager; Rhys Lucas, team trainer; Erik Luhta, lead wax & equipment technician; and, Heather Young as our team treasurer. We are also pleased to continue to have Lorne Luhta as our coach emeritus. We would like to acknowledge Mike Young's time as our past team trainer and thank him for his time and dedication to that role. Anyone with any questions about the program can email David Vodusek at [psrrace@gmail.com](mailto:psrrace@gmail.com).



2020 PSR Dryland Training Camp with PSR Alumni David Foster & XCO 's Victor Wiltmann

## **Personnel**

*~ Alan Heino*

Porcupine Ski Runners is pleased to welcome back Brent Cleverdon for his tenth season as our Lead Chalet and Rental Room Attendant. Brent started on November 16th with his preseason duties which include preparing the chalet for the ski season, disinfecting all surfaces in the chalet and completing the waxing of all rental room skis. Upon the start of the ski season, Brent will be assisted by student workers in the Rental Room and at the gate, with chalet janitorial duties including regular disinfecting of all surfaces in the chalet as per PSR's COVID-19 safety protocols. To date, the following students plan to return: Danielle Southcott, Nathan Lloyd and Keenan Cleverdon. Also, Christine Dorion and Alan Heino have recruited one additional student: Katie Steinbrunner to provide assistance on weekends and after school along with the other students.





## Facilities

~ Alan Heino

The Facilities committee consisting of Gerry McNair, Ray Denis, Rob White and Alan Heino, primarily look after the chalet. The committee continued 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:

1) The largest project undertaken by the Facilities committee during the off-season was the installation of 24 additional lockers in the Locker Room. The rationale for this project was to accommodate the growing demand for locker rentals from our members and to address the waiting list we had for lockers last year. This project was completed in August 2020. This project was also expanded by giving all the lockers a 'facelift' with a new coat of paint. The paint theme is two colours with odd numbered locker units painted red and the even numbered units painted blue. As the location of your locker may have changed, consult the new Locker Room layout posted at both entrances. Thanks to Gerry McNair, Ray Denis, Denis Brûlé and Caleb Rondeau-McNair for completing this project.

2) Following PSR's COVID-19 safety protocols, five hand sanitizers (wall mounted) have been installed inside the chalet: one near each of the two entrance doors, one in the Rental Room and one in each of the two Change Rooms. Signs have been posted throughout the chalet advising members and visitors of all of PSR's safety protocols including: Porcupine Health Unit's posters for COVID-19 screening with Mask and Face Covering required at the entrances, physical distancing requirements, occupancy limits for each location etc. Please read the COVID-19 Report for further safety protocol details and directions concerning the usage of entrance doors.

3) Ray Denis and Gerry McNair installed a waxing bench in the locker room as a convenience to allow members to apply grip wax to their classic skis.

4) Improvements were made in the Rental Room layout. One of these improvements was the installation of a plexiglass shield in the waxing area to keep the wax dust down while Brent performs ski waxing in the premises.

5) Normally PSR rents out the Lounge during the off season to various organizations for meetings, training sessions and various social events. However, with the COVID-19 safety protocols in place, the club screened lounge rental requests very closely to ensure that all safety measures could be met before agreeing to rentals. One rental customer that met our requirements was Marc Tessier from North Bay who rented our Lounge for his Brace and Artificial Limb clinics. He was so pleased with his rentals that he plans to reserve April to October of 2021 as soon as his schedule is finalized. Thanks to the volunteers who have handled the off- season rentals: Gerry McNair and Ray Denis.









Porcupine Ski Runners Cross Country Ski & Snowshoe Club  
APPLICATION FOR MEMBERSHIP 2020 - 21

705-360-1444

Please use this Application Form if you are mailing your application

**ONLINE REGISTRATION – It will save us time if you register and pay online at:  
porcupineskirunners.com NO processing or credit card charge**

**MAILING ADDRESS (please print)**

Name:					Office Use Only	
Address:						
City:			Prov:		P Code:	
Phone:		Cell:		e-mail:		

**Note:** Jackrabbit registration is done separately

**Please circle all the  
prices that apply**

Age on Dec 31, 2020	Name	Gender (M/F)	Date of Birth	Ski & Snowshoe	Snowshoe Only
0 – 5				\$0	\$0
0 – 5				\$0	\$0
6 – 12				\$35	\$30
6 – 12				\$35	\$30
13 – 19				\$55	\$30
13 – 19				\$55	\$30
20 – 59				\$135	\$60
20 – 59				\$135	\$60
60+				\$100	\$45
60+				\$100	\$45
<b>Locker Rental (Renewal only)</b>				\$60	
<b>Donation to help maintain PSR reserve fund</b>				\$ _____	
<b>Please total the prices you circled</b> <small>HST is included in all fees listed HST #119471639</small>				<b>TOTAL TO PAY</b> \$ _____	

Please check the following information	Yes	No	Enclose Cheque or Money Order made payable to: Porcupine Ski Runners  Mail to: Porcupine Ski Runners – Membership Box 250 Schumacher, ON P0N 1G0
I want to receive the PSR newsletter via email?			
I or one of my family wants to assist PSR by doing some volunteer work?			
I am requesting a locker to rent. ( <b>Do not pay now – you will be contacted</b> )			

**Please see the reverse side for information on RELEASE and WAIVER.**

**Your SIGNATURE IS REQUIRED on the reverse side.**



## CROSS COUNTRY CANADA

### INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

**By signing this document you will assume certain risks. Please read carefully.**

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Cross Country Canada including all of its registered Divisions and Clubs and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

#### Description of Risks

2. The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by **CCC/CSA**, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
- b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
- c) vigorous physical exertion, rapid movements and quick turns and stops;
- d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
- e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
- f) failing to participate within one's abilities, skill and within designated areas;
- g) becoming lost or separated from the group or the group becoming split up;
- h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
- j) encounters with animals or plants including allergic reactions;
- k) travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
- l) other risks normally associated with participation in the **Activities**.

#### 3. Furthermore, the Parties are aware:

- a) that injuries sustained may be severe, paralyzing or fatal;
- b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**;
- c) that the risk of injury is reduced if the Participant follows all rules established for participation; and
- d) that the risk of injury increases as the Participant becomes fatigued.

#### Disclaimer

4. In consideration of **CCC/CSA** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the **Activities** sanctioned by **CCC/CSA**, caused by the risks, dangers and hazards associated with the **Activities**.

#### Acknowledgment

5. The **Parties** confirm that:

- a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **CCC/CSA**;
- b) they have been provided sufficient information about **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement;
- c) the Participant agrees to abide by the Rules and Regulations imposed by **CCC/CSA**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
- d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the **Parties**, their heirs, executors, administrators and representatives.

6. In addition, the **Parties**:

- a) authorize **CCC/CSA**, to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the **CCC/CSA** websites;
- b) grant permission to **CCC/CSA**, to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
- c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

**\*We do not sell or distribute your personal information to any other third party not listed herein.\***

**I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**NOTE: if the Member/Participant is under the age of majority in the province/territory in which he/she resides, a parent or legal guardian MUST sign below.**

Name of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_