

The Inside Track

A newsletter for members of Porcupine Ski Runners



President's Message

~Christine Dorion

Snow, snow and more snow. We received lots of snow and that made it a great year for the trails. We are lucky to have such a dedicated crew for grooming and trail maintenance.

We did have a considerable number of cold days this season but we still managed to enjoy the trails for skiing and snowshoeing. There was a bit of 'trade off' in that the snow stayed well into May and that gave us a long season.

The condition of our trails and our chalet are pretty obvious and we thank those responsible for doing an excellent job of maintaining them. But there are numerous things that are not at all obvious or visible. Financial records, membership records, meeting minutes, hiring and training employees, rental forms, maps, receipts, invoices, correspondence with schools and other organizations – the list is long. We thank all the volunteers who keep these 'behind the scene' details in order.

Thanks to all members for your support and also to day pass users. Without local support the club would definitely look different. So thanks again for joining us and for making the club a fun, social and happy place to be during winter months.

Cheers to a great season and see you all next season with many great things to come.

Fifty Years

~ Gerry McNair

In 1973 a small group of about 35 became the first members Porcupine Ski Runners. In 2023 that will be 50 years ago and we won't let that pass without recognition. All the planning and preparation work that goes into getting organized for a new season of skiing and snowshoeing will have additional events to plan. And that should be fun.

It's too early to give any details of the celebration but planning has started. Naturally we want to include events that involve skiing and snowshoeing – some for fun and some more competitive. But we also want to have some social events. In the last century we used to have more social events than we have presently (in the 21st century). Perhaps we were a smaller club then but we're quite sure there's still an appetite for dressing in something other than a ski suit or parka and enjoying a little dining, music and dancing.



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Spring Issue
June 2022

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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Schumacher, ON
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www.porcupineskirunners.com

Annual General Meeting is scheduled for:

September 13, 2022 at 7:00 pm

It will be held in the chalet at Porcupine Ski Runners. All members are invited to attend and participant members who are at least 18 years old may vote.

President : Christine Dorion

Vice President: Rhys Lucas

Past President: Denis Charette

Secretary : Samantha Genier

Treasurer: Bev Beaven

Directors:

Angele Caporicci

Alan Heino

Lorne Luhta

John Sullivan

David Vodusek



Follow us on facebook to get all the upcoming events and updates

Finance Report ~ Beverly Beaven, Treasurer

As we finish another year where COVID has dominated the headlines, our members kept turning up to ski and snowshoe. Our fiscal year is from June 1, 2021 to May 31, 2022. The figures below are for ten months up to March 31, 2022. The majority of our revenues have been received but there will still be two more months of expenses to record.

Revenues this year were just shy of \$174,000. Included in this figure are membership revenues of \$108,700 and generous donations of \$4,800. Why do we need your donations? We are saving up for a new major piece of equipment to replace our current, very old groomer.

Our total expenses to date this year are \$120,300 of which \$26,800 went towards payroll and benefits. Insurance costs are \$30,200, utilities are \$17,500 and to maintain our trails and equipment cost \$15,000.

This year, some of the rental skis, poles and boots were replaced with new ones. The old rental items were sold and we also sold our older snowmobiles.

Enjoy your summer! See you next year!

Jackrabbits ~ Christine Dorion

With restrictions caused by the COVID pandemic still in place, Jackrabbit season started slow but things started to feel a little more like normal as compared with last season. Still slightly different but we made the best of it once again.

Thanks to the volunteers we were able to have 67 kids in the program this season with many parents joining the fun. The kids enjoyed the cold weather and this program continues to put smiles on all those little faces. A big thanks to the volunteer crew and the parents that helped out. This program brings kids together to ski and learn as a group. Great bunch of kids we have.



Membership Report ~ Neal McNair

We had a total of 1253 members this season, which was only a slight reduction from the record of 1272 set last season. Again this year the club was able to operate within the guidelines of Covid restrictions and members were treated to a long, if sometimes cold, ski season.

The table below gives a detailed breakdown of our membership and related revenue:

Memberships and Revenue		
	Totals	Revenue
Total Members:	1253	\$122,620
Ski Memberships:	1121 (89%)	\$115,690 (94%)
Snowshoe Memberships:	132 (11%)	\$6,930 (6%)
Sub Categories		
Adult Ski	619 (49%)	\$83,565 (68%)
Senior Ski	218 (17%)	\$21,800 (18%)
Teen Ski	91 (7%)	\$5,005 (4%)
Youth Ski	152 (12%)	\$5,320 (4%)
Child Ski/Lifetime Member	41 (3%)	\$0 (0%)
Adult Snowshoe	74 (6%)	\$4,440 (4%)
Senior Snowshoe	50 (4%)	\$2,250 (2%)
Teen Snowshoe	6 (0%)	\$180 (0%)
Youth Snowshoe	2 (0%)	\$60 (0%)
Total Female Members	743 (59%)	
Total Male Members	506 (40%)	
Net Membership Related Revenue		
Gross Membership Revenue:	\$122,620	
Gross Locker Revenue:	\$12,660	
Donations:	\$4,835	
Total Gross Revenue:	\$140,115	
CCC Membership and Insurance:	(\$23,980.00)	
HST (memberships):	(\$14,106)	
HST (Lockers):	(\$1,456)	
Total net membership revenue:	\$100,573	



Personnel & Family Day Weekend

~ *Alan Heino*

For the 2021-2022 Season, Brent Cleverdon, our Lead Rental Room Attendant, was responsible for managing the rental room, waxing our rental skis and skis from members and guests, as well as performing janitorial duties including regular disinfecting of all surfaces in the chalet. Our four student employees: Daniel Robinson, Nathan Lloyd, Keenan Cleverdon, Sarah-Simone Rondeau-McNair provided assistance with these duties after school and on weekends. Daniel provided team leadership to all of our student staff and managed the rental room every other weekend, when Brent was off. In addition, the students cooperated well in taking turns working as gatekeepers. Collectively, the staff worked well in providing rental room services for individual and family equipment rentals, and for some limited school and group rental activities, while ensuring the safety of themselves, their customers and our members by closely following all of PSR's COVID-19 safety protocols.

We continued with our Family Day Weekend promotion this year throughout the weekend (Saturday, Sunday & Monday). Overall, the participation on the Family Day Weekend was good considering the weather we experienced during the weekend: Saturday and Monday were very cold and it snowed all day Sunday. Customers were requested to reserve rentals one day ahead as per our weekend rentals practise.

Thanks to Christine Dorion for assisting me with recruiting our newest students Daniel and Sarah-Simone. Thanks to Brent, Christine, and Gerry McNair for providing orientation training to Daniel and Sarah-Simone especially in regards to rental room duties. And thanks to our Treasurer, Beverly Beaven, for processing the bi-weekly payroll submissions for our staff in a prompt and accurate manner.

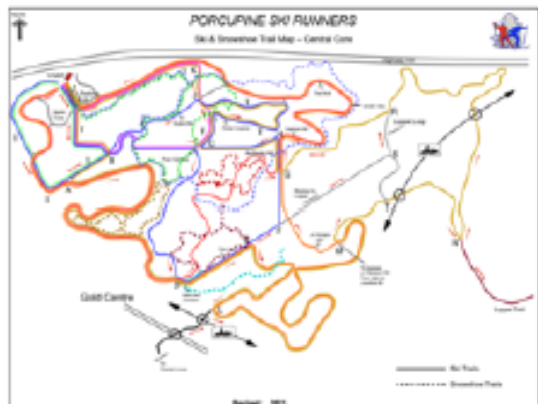
Trails & Equipment

~ *Lorne Luhta*

Compared to the past few seasons this year's ski season was quite long with an abundance of snow. Grooming of the ski trails began Nov.17 with skiing starting shortly thereafter. The last day of grooming was May 1 with skiing ending shortly after that. The Alpina and Scandic were initially used for the first grooming towing a packer, drag and then the Ginzu groomer. When we had enough snow the Pisten Bully was used. During the last 2 to 3 weeks of the season only the skating surface was prepared on a few of our trails using the Alpina and Scandic towing the Ginzu. Trail grooming at our club is as good as any throughout the province. Racers from across Northern Ontario who participated in the race we hosted April 10 were really impressed.

Because of the long season and the huge amount of snow, the total number of grooming hours this season was 389 compared to only 281 last season. Most of the increased hours were on the Pisten Bully – 173.6 hours this season compared to only 56.8 hours last season. Hours on the Alpina and Scandic were about the same as last season. As you can imagine because of the increased grooming hours and the increased price of fuel our costs this season have increased significantly. Most of the grooming was done by Ray Denis our chief groomer with help from Denis Brûlé and Rob White. These guys usually started on the trails at 4 a.m. Denis and Rob along with John Sullivan and Ben Daguerre helped Ray with machine maintenance.

Our club is presently looking to buy another Pisten Bully that is 6 to 8 years old to replace our BR400 groomer which is now 34 years old.



1000 Kilometre Club ~ John Sullivan

This season there was a slight increase over last year in the number of skiers recording 1000 or more kilometres. Twenty skiers achieved this feat, one more than last season. Although many of the same names appear year to year, occasionally new challengers arrive on the scene. Such is the case of 14 year old junior skiers Jillian Daguerre and Emma Deschalets. Jillian skied an incredible 1759 kilometres. She is the youngest member to ski that distance in a season. Emma skied an impressive 1444 km. Both girls are members of the PSR Race Team and/or Timmins Biathlon Team. Congratulations Jillian and Emma. For comparison, in 2000 Dustin Dahn skied 1252 km at the age of 11. A year later he skied 1562 km.

The overall leader in distance this year was Ray Denis, who accumulated 2222 km. Despite some severely cold weather in January and February, we were fortunate in experiencing some excellent, fast, late spring conditions. In fact, as of April 26th, there were still people skiing the trails.

The following is a list of members who skied 1000 or more kilometers, and those who came close. Please excuse any errors or omissions.

1000 km Club

Ray Denis 2222
Jillian Daguerre 1759
Kevin Montgomery 1711
Gordon King 1638
Raphael Delli Quadri 1616
Claude Castilloux 1555
Emma Deschalets 1444
Jane Schultz 1410
Steve Osawa 1409
Lou Ann Visconti 1403
Rhys Lucas 1200
Alan Heino 1234
Bill Shand 1230
Leah Fedat 1225
Dave Mullen 1216
Stan Vasiliauskas 1201
Dave Schultz 1150
Gilbert Racine 1120
Erik Luhta 1010
Ned Bosnick 1008+

Almost There

Jan Deyne 848
Neal McNair 807
Norm Disley 797
Colton Labine 723



Late Season Skiers

Feedback Message

Letters (email style)

I nodded my head while reading the history of PSR at porcupineskirunners.com in an article written by Lorne Luhta. Many years ago I knew Lorne as a racer for skiing and an off-season runner to stay in shape. He was always on the lookout for potential talent. While I had the physique for long-distances, as a 13 year old, I didn't have the heart for competition and could sense Lorne's disappointment. Lorne never gave up on me but I drifted away from the organized sport.

I can recall being with Lorne to recut and measure the trails at Kamiskotia and having to call out "chain!" when the right number of distance markers had been collected, all while fast walking, and sometimes jogging, to keep up to Lorne's pace. I was also there when the show *Fin Fur and Feather* was at Kamiskotia to film about cross-country skiing [1975?].

Lorne with his dog once jogged out to Delnate to meet me and continue jogging along forest roads. At one point, we came across a skunk with its head stuck in a jar. Lorne made the brave move of sneaking up to the skunk, grabbing the clear glass jar and tried to yank it off. Instead, the entire skunk went airborne and flew to me where I was holding onto the yellow lab. Through team work, we managed to free the skunk who showed no thanks but also no intent on spraying us, so maybe that was our thank you.

I never did stop skiing and all of my children skied. I continue to this day to classic ski and still revert to some of Lorne's practice drills to make sure my kick technique is correct. So, while Lorne's hope of a future racer did not materialize, his long-term influence continues to this day. And this day is January 31, 2022 in Manitouwadge Ontario. It's -8°C and my spouse and I are going skiing on our local trails.

Thanks to my mother who bought me the skis, and to Lorne for showing me how to do it right. Roland Smith

Note: This message is included with permission from Roland Smith

Summer Chalet Hours

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

Ray Denis 705-288-2253 (Primary contact)
Gerry McNair 705-264-9093 (Alternate Contact) Cell: 705-266-4213
Alan Heino 705-264-9107 (Alternate Contact) Cell: 249-361-6318
Robert White 705-268-0935 (Alternate Contact) Cell: 705-465-1554



Timmins Biathlon

~ Emma Deschatelets

I wanted to find a new winter hobby but I also wanted to continue skiing on our local Porcupine Ski Runners (PSR) ski trails. I noticed biathlon and thought to myself "I don't think this sport is for me." But I also thought "I'll never know if I don't try it. What if I like it?" Biathlon is the sport of Nordic skiing mixed up with some rifle shooting and it really caught my attention. And so, with those thoughts, my journey as a biathlete began when I joined the Timmins Biathlon Club as a Bear.

I stayed as a bear for a few years and moved up as a racer for the 2021-2022 season. Our Timmins Biathlon Club (TBC) included 9 Bears and 8 racers this past season. TBC held plenty of mock races and range training weekends. As in past years, the Bears would meet up every Saturday afternoon for some ski and air rifle training at PSR. The racer's season begins in May and ends in late March. Throughout the year we, the racers, are invited to training camps and range weekends. There, a variety of physical and shooting activities are held to keep us in tip top shape and to ensure that our shooting is accurate. As with every other sport, covid got in the way of our actual race season. Fortunately, a few official races were organized and held. As new racers most of us experienced our very first biathlon competition. That said, results clearly showed the strong team we have here in Timmins with athletes bringing home some 1st, 2nd, and 3rd place medals.

I believe I speak for all biathletes when I say the following: Biathlon keeps us focused, determined and goal setting; it's a great sport for both physical and mental health. I've been lucky to share my experiences with some great teammates and coaches. I look forward to growing with them again during the 2022-2023 season.

Biathlon is a sport like no other. Come try it out.



Facilities Report

~ Alan Heino

In our twelfth season in our new chalet, we continued to manage our facilities well. Unfortunately due to the continuation of the pandemic throughout the ski season, we were able to host only a few of the competitions we might otherwise have had. However, we benefited from a very strong membership and demand for equipment rentals during the ski season. We also had our second highest number of ski waxing requests from our members and guests, which were fulfilled by Brent with assistance from Daniel.

For our day-to-day operations, the rental room opened for business on the weekend of December 4-5th and continued with weekday rental room hours: 12:00 noon to 5 or 6pm and full day rental room hours on the weekends: 10am to 6pm. The ski/snowshoe equipment rentals initially started slow and picked up during the Christmas holidays and were steady throughout January and most of February except during the very cold days. We held our rental room promotions (30% discount on rentals and day fees) on three occasions during the season: the first was held during the Christmas holidays' period, the second was held for the Family Day Weekend and the third was held for the March break. Hopefully, many of this year's rental equipment users will consider purchasing memberships next year. After a very good lengthy ski season, we closed the rental room effective April 4th.

This year, we continued to follow the PSR COVID-19 safety protocols which we adopted during the 2020-2021 season. Some of the highlights of these safety measures were: we required that all users of the chalet: self-check for COVID symptoms before entering the chalet and wear masks at all times while in the chalet. The main entrance door was locked during the season and the lounge remained closed except for providing access to the family washroom. We used the Locker Room exterior entrance to access the locker room, washrooms in the change rooms and the rental room.

Brent and our students continued to provide wax sales to members and guests in the rental room during the season. The waxing services and wax sales have become increasingly popular during the past two seasons. Our staff also sold all leftover ski equipment from the Ski Swap during the weeks immediately following the swap.

During the off-season the Porcupine Ski Runners lounge will be available to rent for interested parties. To date we have some reservations for rentals of our Lounge: 9 days in May and more for later months. Please access the following link for more information on lounge rentals and to access the Rental Request Form:

[Porcupine Ski Runners - Facilities Rental](#)

I would like to take this opportunity to thank the other valued members of our Facilities committee: Gerry McNair, Ray Denis and Robert White, as well as all of our staff for all their contributions in managing the facilities in a first class manner.

Events ~ Christine Dorion

This season we did not have our usual weekly events due to COVID restrictions and we did not host our annual loppet. But we did manage to have some events later in the season.

Snowyoga was introduced this season that was run by RebelSoul. It was a great experience for those participating. It involves snowshoeing while doing some yoga along the way and more yoga back at the chalet.

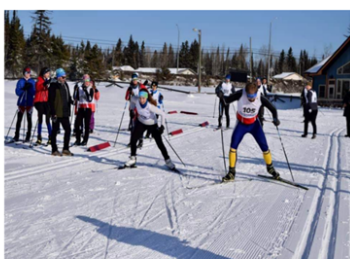
Story Book was introduced this season; thanks to Timmins Learning Centre and Timmins Public Library. Many people got to read a story along the snowshoe trail with happy kids and adults alike enjoying the story along the way.

We were able to host the Northern Ontario District (NOD) youth race. Many NOD clubs attended including Temiskaming, North Bay, Laurentian, Sault Ste Marie and of course our own PSR gang. There were 55 participants for this race. We had a short skate race followed by a fun obstacle relay race which many enjoyed. We decided to open the race to adults also which was a great addition to the competition. Thanks to the volunteers that helped out during the race and to Ski Patrol which made the event a success. We also had generous club members bake or donate some goods for all participants and volunteers. Yum.

Rookies vs Vets relay race was once again in action this season. This is a fun relay race hosted by the race team and the race is followed with some yummy pancakes. The old and the young compete for the yearly title and the Rookies won this year .

Rookies vs Vets Relay Race competitors

Rookies	Vets
Anna Wray	Andrew Wray
Muriel Wray	Julianne Wray
Chantal Kukulka	Rhys Lucas
Nicole Kukulka	Greg Deyne
Emma Deschatelets	Colton Labine
Jillian Daguere	Ben Daguere
Elizabeth Girard	Ray Denis
Nathan Deschatelets	Neal McNair
Jade Shalton	Bill Shalton
Isaac Rondeau-McNair	Raphael de la Quadri
01:05:19	01:11:31



Junior Development Ski Team ~ Andrew Wray

The Junior Race Team successfully navigated another ski season which spanned parts of 5 months in 2021 and 2022. From late November to early April, the all-female squad honed technique, strengthened stamina and cardiovascular conditioning, as well as gelled as a team, despite only competing in a few races. Together, they faced some less than ordinary challenges—Covid-19 restrictions on training, cancelled events, equipment shortages, and uncooperative weather—and through it all maintained optimism and demonstrated great determination.

The 2021-22 team competed in 2 official races: Ontario Youth Championships (OYC) in Sault Ste. Marie at Soo Finnish on March 11-12th and Northern Ontario Division's (NOD) race finale in Timmins at PSR on April 11th. In both competitions, team members set personal bests and some came home with hardware. At OYC, all PSR racers finished in the top 15 in both the freestyle and classic events as they skied a fast flat course, navigating a tight hairpin turn, and attempting to pass on a narrow track. Leading the way on Saturday in the U-14, 4km freestyle event, Chantal Kukulka finished in 3rd place followed by: Jillian Daguere-9th, Nicole Kukulka-10th, and Emma Deschatelets-12th. In the U-10 category, the young racers Muriel and Anna Wray finished 11th and 15th respectively. The racers' hard work on Saturday paid-off as their top finishes gave them great positioning in the mass starts of the classic event on Sunday. In the U-14, 4km classic event on Sunday, Chantal Kukulka finished in 3rd place followed by: Jillian Daguere-5th, Nicole Kukulka-7th, and Emma Deschatelets-15th, while in the U-10, 2km race, Muriel Wray placed 5th and Anna Wray 6th. Overall, the coaches were very pleased with every racer's results, considering that weather conditions made it a challenge too—rain on Thursday, making the track icy, and 6 inches of snow on Friday night. We were fortunate that Coach Lorne made the trip with us and found the right combination of grip waxes for speedy skis on both days. For the month that followed OYC, the team focused on building speed and stamina over short distances by completing interval training as well as performances in time trials. At times, skiers skied on soft, transformed snow which required the use of Klusters of all colours, and led to some hilarious slips and wipeouts by some coaches new to skiing on crystallized snow (i.e., Coach Andrew and Julianne). Nonetheless, the focus paid off on April 11th for all members of the team. On their home track, PSR racers cruised in the sunshine to top finishes and set more personal bests on a difficult, hilly course in the freestyle discipline. The young stars rose to the occasion in the U-10 category, sweeping the podium in the 2km course race.

Muriel Wray finished on top, placing 1st followed by her sister Anna Wray in 2nd and Elisabeth Girard in 3rd. In the U-14 category, Chantal Kukulka crossed the line in 1st with her sister Nicole Kukulka finishing in 3rd followed by Jillian Daguere in 4th and Emma Deschatelets in 5th, eclipsing the remainder of the field. In the U-16 category, Marissa Pladzyk sped to a 3rd place finish against some strong, out-of-town competition. Following the freestyle events, PSR racers were paired up with a skier from another NOD team, making a mixed relay team. The teams had a blast completing the relay course and forging new friendships in the process.

In late April, when the snow finally receded, and opportunities for crust skiing had abated, it signalled an end to a less than ordinary and at that same time extraordinary ski season for the PSR Junior Race Team. Skiers skied in blustery snowstorms, losing sight of the tracks but not of their focus. They trained in tough, torrential winds. Racers forged strength in frigid, freezing temperatures, all-the-while being dressed in layer- upon-layer of clothing. They climbed steep terrain repeatedly, challenging themselves to do it fast both with and without poles. They skied thousands of kilometres, spending hours on the PSR trails, sometimes just as the trail lights began to dim, but smiling nonetheless. And at the end of each and every practice, drill, time trial, interval, and race, one thing held true: they were a team.

