

The Inside Track

A newsletter for members of Porcupine Ski Runners



President's Message

~Christine Dorion

Welcome back everyone and we can't wait to all see you again. We have made lots of improvements over the summer. You will notice many new signs and trail improvements. There is more detail on these things in the various articles in this newsletter. I thank the members who work throughout the spring, summer and fall to maintain or improve our ski and snowshoe trails, our trail signs, machinery and all the other things that help make our club operate smoothly.

We have all the same COVID protocols as last season in place for the chalet, including the Rental Room, to ensure everyone can be safe and enjoy the skiing and snowshoeing. If provincial or local guidelines change, we will adjust accordingly and we'll hope that any changes are positive ones. We would love to see, for example, schools students being able to again come as a group for outdoor activity.



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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

**Winter Issue
December 2021**

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

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Follow us on Facebook to get all the upcoming events and updates.

Membership

~ Neal McNair

We had a total of 1272 members last season, which was an increase of 336 from the previous year, and set a new record for memberships, beating the old record of 1271 set in 2006. While we don't expect to set records every year, we hope that this season brings similar membership numbers. 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.

Membership fees are unchanged this season:

Age on Dec 31 2021	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		

Online Membership Registration and Renewal

If you have already renewed your membership for this year - thank you! We encourage all members to use our online membership portal to renew their memberships for this season.

Registering online has the following advantages:

- Ensure that your information is correct
- Renew your memberships and lockers with only a few clicks
- Access your locker number and combination on your account home page
- Pay immediately online or defer payment
- Help the club by reducing volunteer time doing data entry

Offline Memberships

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.

Questions about memberships should be sent by email to psrmemberships@gmail.com



Membership cont.

~ Neal McNair

Lockers

Lockers are available for PSR members to rent on a seasonal basis at a cost of \$60.00 per season. If you had a locker last season, it will be held for you only until December 31 st 2021, meaning you will have to purchase your membership by Dec 31 st 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 to notify us that you will not be renewing your locker.

Trails and Equipment

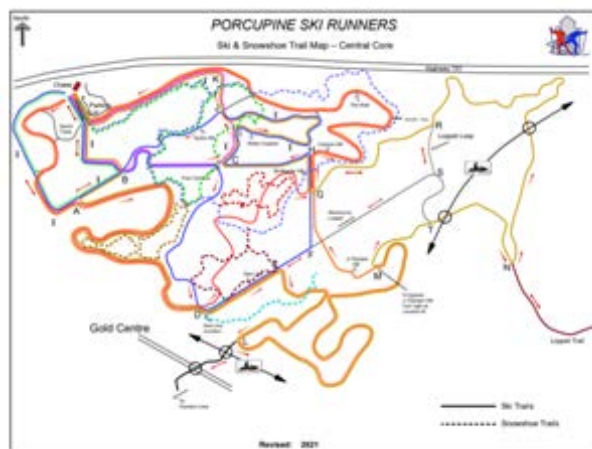
~ Lorne Luhta

Brush cutting the ski trails was completed by mid October this year. This was done by towing the bush hog behind our ATV and by using brush cutters for the rougher spots and areas closer to the edge of the trails.

This job has to be done every fall to get rid of the new growth. The brush hog is sort of a big, powerful lawn mower and for the last number of years we have been using such a machine which has saved us many hours of volunteer time.

This summer and fall several improvements to the existing trail system were completed. These improvements were as follows:

- A small hill on the Green trail which is on a curve was widened to allow for more visibility since this is a 2 way trail.
- The curve on the last downhill on the Blue trail just before it meets up with the Green trail was straightened. There had been many wipe outs on this curve and hopefully this improvement will make the descent a lot easier. Some trees and brush were removed and this will improve the trail lighting at this point on the trail for night skiing.
- A rough area on the Red trail caused by washouts was ditched and smoothed as well as a culvert installed. Similar work was done on an area on the Yellow trail.
- One section on the Yellow trail which was slanted was levelled.
- The downhill on the Yellow trail that is located close to the highway where the trail crosses a power line was extended so that the sharp curve at the bottom was eliminated.



Trails and Equipment cont.

~ Lorne Luhta

Directed by Ray Denis the volunteers who assisted in all of the above work were: Greg Deyne, John Sullivan, Rob White, John Labine, Rhys Lucas and Mike Columbus. Close to \$10,000 was spent on an excavator to accomplish much of the trail improvements listed above.

Besides regular maintenance on our machinery, one bush hog was completely rebuilt. Thanks to Gorf Contracting / Manufacturing for their in-kind contribution of material and machining the metal.

These bush hogs take a real beating as they do the job they're designed for and Ray Denis did a superb job working out the intricate details of rebuilding that old machine. Ray is in charge of maintenance and repairs of our equipment and he was helped by Rob White and Denis Brûlé. Thank you to all those who helped in working on and maintaining our trail system.

Snowshoe Trails

Larry and Sylvie Labelle, who were instrumental in setting up our snowshoe trails in 2004, made some improvements to them this fall. Near the beginning of the trails there is a wet area that stays wet until there is sufficiently cold weather to solidify the ground and water. To solve the problem they re-routed a section of the Fox trail to bypass that area. This should allow us to use the trails earlier if the ground is slow to freeze. They also made another bypass on the Owl trail to improve a difficult spot near what we call "The Wall" on the ski trail. And they completed other maintenance work including signage.

Trail Signs

~ Gerry McNair

During the summer Rhys Lucas and Christine Dorion identified a number of concerns with respect to trail signage. There were five items we discussed:

- Where the Jr Olympic crosses the Loppet shortcut, there should be signage on the shortcut to warn of possible fast moving skier(s) coming off the Jr Olympic hill.
- Some trails, or sections of trail, have become 2-Way. Signs are needed to direct skiers to keep on the right hand track and not to enter any trails that are directed in the opposite direction.
- With the development of the Loppet shortcut new trail junctions have been created. These needed to be identified and signage installed to guide skiers.
- The "YOU ARE HERE" map signs that were still on the trails needed to be restored, repaired where needed and the map updated to the current version of the trail map. Certain trail features, such as "Birdfeeder Hill" or "The Wall" needed signage to identify the spots and these names should be added to the Ski Trail Map.

The following actions have been taken:

- Additional wooden signs of the same design as the existing wooden signs have been built. These numbered 18.
- Some metal/synthetic material signs have been purchased for such things as the one to identify "The Wall."
- Nine "YOU ARE HERE" map signs have been restored as described above.



Trail Signs cont.

~ Gerry McNair

For signage that is placed on the garages or in that vicinity we have made improvements to some of it and added some new signage. Some signs have been relocated for better visibility and Ray, with his helpers, has moved the gate shack a little further back to improve on the placement of some signs.

We created a revised ski trail map and, with Larry Labelle's help, a revised snowshoe trail map. We have installed large size maps in the Kiosk map cabinet using the revised maps.

The designing, making or ordering of these signs we credit to Gerry McNair and Christine Dorion.

We acknowledge that additional trail signage adds to the workload involved in installing them and collecting them at the end of the season. Thanks to Ray Denis and Rob White who, I believe, do most of this work.



Events

~ Christine Dorion

We want to be able to offer as many events as possible this season but COVID-19 restrictions may cause some limitations.

Here are some events to watch for:

Snowshoe evenings every Tuesday 6:00pm.

Ladies night every Thursdays at 6:00pm.

The loppet/snowshoe poker run, date to be determined.

Youth championship March 12/13th.

We will also offer both skate and classic ski lessons but dates are to be determined later.

Most events will be posted via Facebook so please keep a eye out for them during the season.

Personnel

~ Alan Heino

Porcupine Ski Runners is pleased to welcome back Brent Cleverdon for his eleventh season as our Lead Chalet and Rental Room Attendant. Brent started on November 15 th with his preseason duties which include preparing the chalet for the ski season, ordering supplies, 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. We have two students returning from last year and we have recruited two new students. The students provide assistance on weekends and after school.



Timmins Biathlon Club- BEARS and RACERS ~ Angele Caporicci



Youth Programs ~ Christine Dorion

Youth Programs will be continuing this year. We anticipate seeing all the little skiers out on the trails again. Thanks to the volunteers we will be accepting numerous kids but we would like to have some more parents and volunteers help with the program so that we can register even more youth.

Admission to the Jackrabbit program is based on a first come basis and we have limited spots.

Registration must be done online and we also offer ski equipment rentals for the lessons. More detailed information is available online. If you have questions or if you would like to help during lessons, please email psrjackrabbit@gmail.com



Registration for Biathlon Bears 2021-2022 Season is now open and can be found on Porcupine Ski Runners Website: <https://www.porcupineskirunners.com/biathlon>

The Biathlon Bears Program is designed as an entry level into the sport of biathlon for children approximately 9-13 years of age. Participants will learn the parts of the air rifle, safety requirements of the air rifle, how to shoot and the format for racing. The objective is for the athletes to become technically competent cross-country skiers and shooters and to utilize those skills to explore a wide range of activities including starting racing at a local level. It also has the following objectives:

- to provide opportunity for participants to develop fitness through active play, games and activities
- to partake in frequent cross-country skiing during the season
- to have fun and provide an opportunity to be part of a club team.

The Biathlon Bears Program (Skills Development) for ages 9– 14 will be held at Porcupine Ski Runners Saturdays, December 4 th , 2021 through March 25 th , 2022 from 11:45am to 2:00pm.





PSR Race Team

~ David Vodusek, Coach

The 2021-2022 PSR Race Team currently consists of 14 athletes aged 8 to 16. 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.

A draft race season schedule for our squad was provided by Cross Country Ontario and the team's first event will be an Ontario Cup hosted by Walden Cross Country January 15 th and 16 th . The team has been training hard this autumn, focusing on teamwork, sportsmanship and having fun with group workouts and fun runs.

The 2020-2021 PSR Junior Development Ski Team members include: Anna Wray, Brielle Charette, Chantal Kukulka, Jade Shalton, Jillian Daguerre, Julia Vodusek, June Lucas, Mari Luhta, Marissa Pladzyk, Molly Lucas, Muriel Wray, Nicole Kukulka, Olivia Vodusek and Riley Luhta.

For the upcoming ski season, the parent race team organizing committee include: Denis Charette, team manager; Rhys Lucas and Andrew Wray, team trainers; Erik Luhta, lead wax & equipment technician; and, Julianne Wray as our team treasurer. We are also pleased to continue to have Lorne Luhta as our coach emeritus.

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



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. A notable project during the off-season was the construction of the sled storage cabin. It is located in the back of the chalet and was completed by mid-September. Thanks to Gerry McNair and Ray Denis for completing this project.
2. Gerry and Ray have done some minor "patch and paint" throughout the chalet.
3. Ray has done a cleaning of windows and other places of need throughout the summer.



4. As outlined in the memo Welcome to the 2021-22 season sent out to members in late October, "the use of the chalet and some of our activities will be restricted again this season. We expect to operate in a manner similar to what we did last year. Should COVID-19 be brought under better control such that regulations become more relaxed, we will adjust accordingly. For now we plan to proceed with the same caution that allowed us to have a very successful last season. The Lounge will not be open except for use of the Family Washroom. The main entrance door will be locked at all times. The Locker Room exterior entrance will be open to access stored equipment and the washrooms in the Change Rooms." Please see the above noted memo for additional details listed under COVID-19 Safety.

5. PSR rents out the lounge during the off season to various organizations for meetings, training sessions and various social events. However, with the continued 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. We had some rentals during the off season. Most rentals have been to businesses and only two of these rentals have been a social event - a family get-together and a birthday. Marc Tessier from North Bay rented our Lounge again multiple times during the off season for his Brace and Artificial Limb clinics and has been quite pleased with our facility. Additionally, Glencore and other businesses rented our lounge. Thanks to the volunteers who have handled the off- season rentals: Gerry McNair and Ray Denis.



Porcupine Ski Runners Cross Country Ski & Snowshoe Club

705-360-

1444

APPLICATION FOR MEMBERSHIP 2021 - 22

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, 2021	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
Locker Rental (Renewal only)				\$60	
Donation to help maintain PSR reserve fund				\$ _____	
Please total the prices you circled			TOTAL TO PAY	\$ _____	
HST is included in all fees listed HST #119471639					

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?	<input type="checkbox"/>	<input type="checkbox"/>	
I or one of my family wants to assist PSR by doing some volunteer work?	<input type="checkbox"/>	<input type="checkbox"/>	
I am requesting a locker to rent. (Do not pay now – you will be contacted)	<input type="checkbox"/>	<input type="checkbox"/>	

**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: _____