

The Inside Track

A newsletter for members of the Porcupine Ski Runners



President's Message

-Mike Kornell

The key phrase of this winter season was 'Polar Vortex', and it was very clearly centred over Timmins for the last 5 months. The skiing and snowshoeing has been outstanding; albeit cold at times.

A seasonal highlight was PSR successfully hosting the OFSAA Provincial XC Skiing Championships in February with the largest numbers of athletes and support personnel that we have ever hosted for a race. Many of them were visiting Timmins for the first time. A big thanks to Greg Deyne and John LaBine for leading the charge, and congratulations to Colton LaBine for skiing to a silver medal.

Our website has seen many additions this year including trail condition updates, up to date news and announcements, online Loppet registrations as well as Loppet and Sprint Series results. If you need information, this is the place to go! PSR is also socially connected with the active use of our Facebook page to receive and exchange trail condition updates, along with other news. Thank you for all the member use and engagement.

Other changes have been the revival of the Weekly Sprint Series, the revival of the Rookies/Veterans Race, an expanded Loppet ski weekend, late season Saturday 'backwards' ski days, start-up of the Biathlon Bears program, and the completion of the Blue Trail hill bypass.

Thank you to all of our hardworking board members and volunteers for making it all possible. After a short summer, we will be at it again.

Porcupine Ski Runners Annual General Meeting

Tuesday, June 10, 2014 @ 7:00PM

Xstrata Copper Chalet @ Porcupine Ski Runners

All members are invited to attend.

Presentation of 1000KM pins

Board member elections

Adoption of revised PSR By-laws

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Spring Issue

May 2014

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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Facilities Report

~Neal McNair

In our fourth season with the Xstrata Copper Chalet, we have, I think, “hit our stride” in terms of knowing how to manage our facilities. Without a doubt, the biggest test of our facilities to date was this year’s OFSAA Nordic Championships. With about 550 competitors plus another hundred or so in coaches and volunteers, the chalet was bursting at the seams for the three day event in February. The event was an enormous success, and it proved that our facilities are as good as any in the country.

For our day to day operations, we expanded the hours for both our chalet manager as well as the rental room staff. Equipment rentals have continued to grow in popularity and allow many people to experience our trails for the first time. This year the main addition to the chalet was a commercial grade dishwasher for the kitchen. This new piece of equipment allowed us to meet required health standards for on-site food preparation, and is much more efficient for cleaning dishes quickly.

Did you know that the PSR chalet is available for off-season rentals? If you have a meeting, day camp or other special event and you need a venue, the PSR chalet can offer the ideal setting. Details on renting the facilities during off-season can be found on our website at: www.porcupineskirunners.com/offseason. Spread the word!

Equipment and Trails

- Gerry Perreault

We had such a good start and were fortunate enough to be able to ski on our interior and the 10KM loop in November and early December. The Loppet and Olympic trails were open before Christmas. This is by far the earliest that I can recall. We have to thank Mother Nature for the almost perfect days until, well 2014 rolled in.

I think we must admit that from January until the end of March the colder days and windy conditions stopped many from enjoying their daily outings.

As I write, it is April 30, 2014 and it is the first day of season closures for the trails and the chalet. Those that were still skiing could enjoy the full circuit of trails. This is a record year for having all of them open so late.

The new track setting assembly on the back of one of the large groomers was finally used and allowed us to be able to enjoy not doing it by hand.

Dave Stiles, who has been a real asset in having the equipment ready and serviced, has kept the equipment ready to go at all times. We did experience one major breakdown in February, however with the units that we have, all of the work still got done. We did have to contract out work to get our units back up and running.

While on the note of our grooming equipment, our big groomers are now at 30 years of age, making part sourcing and care a problem. With that in mind the PSR Board has agreed to apply for an Ontario Trillium Foundation grant. Even if we are successful in receiving this grant, the club will still have to pay a good portion of the cost. We will be looking for donations and possibly fundraising for this equipment upgrade and replacement.

Presently the end of season equipment checks are being done. Our two sleds will need to be serviced by the dealer due to their digital components that we cannot maintain on our own.

For the summer and fall, we will need to repair some of the ongoing electrical problems with the trail lights, and brush cutting will be required again in early September.

Thank you to Ray Denis, Dave Stiles, Germain Lauzier, Denis Brule, Greg Deyne, Rob White and Gerry Perreault for their dedication to keeping things at their best for all the members.

Enjoy your summer and remember that we will once again need volunteers come September and October.



Membership

- Cheryl Allard

The 2013-14 ski season is past us. A few die-hards are still using the trails which have not given up their snow yet. We all felt this past season was hard and cold! Many members commented on not getting as many kilometres in as they had in the past seasons. We can hope for a better season next year. Even with the extreme cold, membership was steady this year with just over 1,000 members.

Over the years, many members have taken advantage of the installment plan for locker rental initiation fees offered by the club. This plan, which allows active paying members to pay the initiation fee over a four season term (\$50.00 per season) plus the yearly locker rental fee makes renting a locker very affordable. All members on this program will be receiving, during the summer, a statement detailing your installments and if any balance is due. PSR would appreciate having your account brought up to date prior to the new season to keep your locker active.

A reminder to all members who rent lockers, PSR suggests you remove all your belongings from your locker prior to the end of the season (watch for updates on the website and Facebook) and to summer wax your skis to keep them in pristine shape for next season.

Summer Chalet Hours

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

For assistance call:

Gerry McNair	705-264-9093
Neal McNair	705-267-2820
Jim Bielek	705-235-8355
Gerry Perreault	705-264-6939
Ray Denis	705-267-0433

2013–2014 Financial Summary

- Beverly Beaven, CGA

This winter has been described by some as being too long and too cold. Not by our members and our day users! They were not intimidated by the weather and enjoyed our trails. That is evident in our increase in revenue from the rental of ski equipment and snowshoes.

This year, we upgraded our dishwasher in the kitchen and erected the outdoor memorial clock. However, grooming equipment is very old and will soon need replacing, as parts are becoming harder to obtain. The net proceeds from the Loppet and OFSAA events that were held this year are being reserved for the purchase of a new or used groomer.

Our fiscal year is from June 2013 through to May 2014. The following information is from June 2013 through to March 2014. Most of the income and expenses are received and reported.

Revenue	Membership	79,873
	Rental equipment	15,351
	Day fees	13,301
	Lockers	7,611
	Other	5,529
	Jackrabbits	2,030
	Schools and groups	1,434
	Kitchen	1,425
	Chalet rentals	1,220
	Donations	771
Total receipts		128,543
Expenditures	Insurance	22,993
	Payroll	17,898
	Utilities	15,858
	Trails	9,897
	Property taxes	5,927
	Advertising	5,660
	Chalet supplies and repairs	4,987
	Administration and office	3,771
	Training coaches	2,225
	Other	1,183
	Jackrabbits	1,023
	Kitchen	695
Total expenditures		92,117
Receipts less expenditures		36,427



PSR By-laws

- Gerry McNair

Porcupine Ski Runners (PSR) was incorporated as a non-profit organization, or business, in 1973. At that time there were by-laws established to give structure and guidelines for the operation of the corporation. The by-laws covered everything from the election of directors of the board to the requirements for holding a legal Annual General Meeting (AGM).

During the past season we have reviewed the old by-laws and made revisions such that the document has taken on a whole new look. We used a model that is available on the government of Ontario website as a guide. The revisions we made have not changed the mission of PSR nor the nature of the services we provide but they have clarified a number of operational details and replaced some antiquated language with more up to date terminology – such as communicating by email instead of telegraph.

The PSR board will vote to approve the final version of the revisions at their May meeting and the document will be presented at the AGM in June for adoption by the club members. If you would like to get further information about this revision or if you wish to receive a copy of the revised by-laws, please contact me at 705-264-9093 or gmcnair@ntl.sympatico.ca.

Rookies vs. Veterans Race and Thursday Night Sprint Series

-Neal McNair

After several years off, we decided to reboot both the Rookies vs. Veterans relay race and the Sprint Series. The Sprint Series is a non-competitive weekly time trial that is open to all skiers of any age. The goal is to try and improve your time over the course of the season. We ran 10 races from December through to April, and we had a total of 45 individuals participate in at least one of the races. We had a core group of 12 who skied in at least half of the races. We encourage more of you to try out this fun event next season. It is a great way to test yourself and to get to know some other skiers at the club a little better.

The Rookies vs. Veterans Race is traditionally held towards the end of the ski season and pits the younger members of the race team (rookies) against a motley collection of more 'seasoned' skiers (veterans). This year we had relays of 2.2km on a beautiful sunny day in early April. With the temperature rapidly climbing and the strong sun beating down the course got increasingly slow throughout the race. With a young rookie team, the vets took pity on them and allowed their fastest skier, Colton LaBine, to ski two laps. This proved to be too much of a handicap for the vets to overcome, and the rookies ended up taking the victory by a narrow margin. A good time was had by all, and it was a great way to wrap up the racing season.

Rookies vs. Veterans 2014

Skier	Lap Time	Lap Time	Skier
Lorne Luhta	9:25	11:58	Caleb Rondeau-McNair
Robert Coderre	7:52	7:01	Colton LaBine
Janet Riopel (Classic)	13:38	10:52	Jennifer Perrault
Mike Kornell (Classic)	11:25	10:37	Wesley Marsh
Denise Kornell	10:24	9:08	Theo Manseau
Greg Deyne	7:18	8:45	Kristen Kornell
Neal McNair*	7:18	8:08	Isaac Rondeau-McNair
Rick Demers*	7:50	8:35	Colton LaBine
Total	1:15:10	1:15:02	

Winners: Rookies

Notes: The Vets employed numerous illegal tactics to close the gap near the end of the race. This included:
 *Neal McNair handing off to Rick Demers 100m before the finish,
 *Rick Demers taking 500m off his course, and forcing Colton LaBine to ski with only one pole on his last lap (he may also have been tackled by Rick Demers...reports are unreliable).

The rookies still prevailed.



PSR Race Team

~Denise Kornell

The PSR race team is a small dedicated group of young athletes that train in both the classic and free style techniques. Some notable achievements for the 2013-2014 race season: **Jessica Demers** (Junior Women, Nipissing University) OCup 1 (Duntroon): 3KM Free–1st, 7.5KM Classic–2nd, 10KM Free–7th, OUA Championships (North Bay): 6.4KM Classic–7th, 10KM Free pursuit–10th; **Colton LaBine** (Junior Boys) OCup 1: Free sprints–15th, 10KM Classic–13th, 10KM Free skate–11th.

Two of the midget skiers Isaac Rondeau-McNair and Kristen Kornell competed in the Eastern Canadians, Ontario Cup series, as well as local races and loppets. They represented the club well; finishing in the top ten in races with up to 60 age class skiers. Up and coming skiers Jennifer Perreault, Paul Leger, Caleb Rondeau-McNair and Kyra Hagerty perfected their racing technique in local loppets, Midget Championships, and the Thursday night sprint series.

The racers could be seen skiing most days after school and on the weekends. All this time on skis added up to a team total of 4,200KM (Timmins to west coast distance), with Colton and Isaac skiing into the 1000KM Club.

The team would like to thank Greg Deyne, Lorne Luhta, Matt Copps and Mike Kornell for all their time, coaching tips and waxing. The PSR race team will be starting up again in the fall with new members always welcome. Check the PSR website for future details.

*Some of the race team members (l-r):
Jennifer, Kristen, Isaac, Paul & Caleb*

Photo courtesy of Denise Kornell

High School Race Team

~John LaBine

This year marked the first time that Timmins High and Vocational School hosted the OFSAA Nordic Championships with the help of great volunteers at PSR. The OFSAA Championship had 541 athletes competing and they were accompanied by their coaches and support personnel. Three Timmins schools that train together took part in the OFSAA Championships; host school TH & VS, O’Gorman High School and École secondaire catholique Thériault. Colton LaBine (O’Gorman HS) finished with a silver medal in the Senior Boys; Isaac Rondeau-McNair (ESC Thériault) finished in the top 15 for the Junior Boys. Other Timmins OFSAA participants were Kyra Hagerty (Junior Girls), Wesley Marsh and Matthew Wilkinson (Junior Boys), Hannah Zuidema, Kelsey Blackned and Victoria Vezina (Senior Girls), Theo Manseau and Owen Pintar (Senior Boys), with each athlete achieving personal best results.

Check the PSR website or inquire at your local high school for training opportunities for the 2014-2015 season.





Jackrabbits

~Mireille Fortier, Carole Larche & Christine Dorion

The Jackrabbits 2014 program was a great success at Porcupine Ski Runners. The kids enjoyed the outdoors during those cold months all while learning skills, having fun, staying fit and making new friends.

Thank you Carole, Christine and Mireille for your dedication and hard work.

59 Bunnies and Jackrabbits had the opportunity to take part in our program thanks to our great coaching team. Christine, as Head Coach and Kelleigh Wright as Trainer, allowed us to have a qualified team of 19 coaches. The dedicated coaches this year were Erik Luhta, Aileen Felsher, Amanda Roy, Dave Vodusek, Karen Lucas, Kim Dorion, Christine Dorion, Lisa Edwards, Leigh Charbonneau, Steven Mills, Dan Horihan, Elaina Duggan, Tim Edwards, Kevin Duggan, Angie Bernier, Cheryl Allard, Naomi Allard, Peter Lanzellotti and Rhys Lucas. Thank you so much for making this season a success and hats off to Christine for such a great recruitment!

A great big thanks also goes out to all parent volunteers. Great teams accomplish great things!

Next year, we will be looking for students to help volunteer for some or all of these lessons. There are many different ways you can help out. Come and join us next winter for some fun.

For any questions or comments you can contact Christine at psjrcoach@gmail.com or Mireille at psrjackrabbits@gmail.com

Stay tuned for next year's registration in the fall. Hope to see you then.



Photo courtesy of Claude J. Gagnon

Yvan Massicotte Memorial Clock

~ Neal McNair

You will notice a beautiful new addition to the Xstrata Copper Chalet this year: the Yvan Massicotte Memorial Clock.

Yvan was a dedicated Porcupine Ski Runners volunteer and board member who passed away in 2009. He was also very involved with the race team and acted as the wax technician. Memorial donations in his name were made to PSR and directed to the youth development and race team programs. Last year the decision was made to put that money towards a much needed exterior clock facing the stadium.

Generations of racers have gathered in the stadium at the start and end of their training sessions and races. They will now be able to time their training at a glance, day or night.

Special thanks to Greg Deyne for heading up this project and seeing it through to completion.



1000KM Pins

~Gerry McNair

It's no small task to ski 1,000KM in a single season. But year after year many of our members achieve that mark and this season is no exception. For many years now we have been giving a lapel pin to members who succeed in reaching the 1,000KM mark and a number of these members now have a sort of collection of these pins. The pins are generally handed out at the Annual General Meeting (AGM) which will be held this year on June 10.

When we purchased these commemorative pins, we purchased a large number of them because the unit cost is lower with a large purchase. But our supply of pins is running low. Whether or not we will continue this tradition is a decision the PSR Board will have to make in the near future. For the present – I'd suggest that if you've skied at least 1,000KM this season, you should claim your pin. The best way to do that is to attend the AGM in June. We'd love to see you there. And if you have skied 1,000KM in a previous year but did not claim your pin, you may do so this year.

PSR Count the Kilometres Challenge

~Diane Luhta

Greg Deyne won the PSR Count the Kilometres Challenge this year with 3,021 clicks followed by Kevin Montgomery with 2,014. Topping the women was Jane Schultz with 1,672. The youngest person to reach the magic mark was Isaac Rondeau-McNair with 1,319.

The Polar Vortex made skiing slow and cold all winter so it was not easy to ski many kilometres in a session but 23 skiers were strong enough to do it. The extended season helped! Congratulations to all who proved that winter can be enjoyed no matter what the conditions.

1000 KM CLUB

Deyne, Greg	3,021
Montgomery, Kevin	2,014
Schultz, Jane	1,672
Paquette, Marcel	1,516
White, Robert	1,511
Paquette, Rheal	1,507
Brule, Denis	1,437
Rondeau-McNair, Isaac	1,319
Kaczmarek, Sue	1,311
Church, Mary-Anne	1,123
Heino, Al	1,109
McNair, Neal	1,101
LaBine, Colton	1,071
Kerkhof, Kevin	1,068
Smith, Brenda	1,067
Kornell, Mike	1,064
Demers, Rick	1,056
Laiho, Karl	1,043
Kanya-Forstner, Nick	1,030
Cousineau, Mike	1,015
Kapias, Dave	1,006
Luhta, Lorne	1,001
Delaquadri, Raphael	1,000

Almost there...

Dasovich, Sue	923
Dasovich, George	923
Kornell, Denise	851
Luhta, Diane	810
Disley, Norm	738
Vasilauskis, Stan	737
Griener, Brenda	733
Perreault, Gerry	730
Luhta, Erik	727
Wagner, Kim	681
Coderre, Robert	665
Kornell, Kristen	644
Pintar, Spike	643
Labelle, Larry	604
Carle, Laurette	603
Columbus, Dale	506



PSR Loppet 2014

~Lorne Luhta

This year the Loppet format changed somewhat. Rather than having a one day event we had a Loppet weekend on March 8 and 9, with short races being held on Saturday afternoon and the longer distances on Sunday morning. A new 46 KM event was added to give some participants a real challenge. The rationale for this new format was to allow adults who accompany their children in the short distances a chance to participate themselves in a longer distance. By incorporating the weekend into the Northern Ontario Ski District race series, it was also an opportunity for out-of-town and local skiers to participate in 2 events.

Registration rates were comparable to past years with 52 participants on Saturday and 58 participants on Sunday. Although the dates conflicted with the March Break, in hindsight they were a good choice because if the loppet had been held any earlier we would have been frozen out.

Our entry fee was \$15 per event for adults and \$8 per event for children. Free hotdogs and drinks were provided on Saturday and chili at a cost of \$6 per serving was available on Sunday.

Davidson deLaplante Insurance was our major sponsor again this year. Other sponsors included Royal Bank (RBC), Lorne Luhta (Atomic dealer), Northern Sports and Tim Hortons.

Besides providing a fun event for the participants, this event allowed us to begin to raise funds for the purchase of a new groomer. A well deserved thank you goes out to the 29 volunteers who helped with the organization of the event.

A full list of the loppet results can be found on our website at: www.porcupineskirunners.com/loppet



Loppet start

Photo courtesy of Diane Luhta



Rookies vs. Veterans Relay Race participants

Photo courtesy of Diane Luhta