

The Inside Track

A newsletter for members of the Porcupine Ski Runners



President's Message

-Denis Charette

Last season was a long and successful season with members skiing into late April. The grooming crew did an excellent job of maintaining quality trails for the season under limited snow conditions.

The Biathlon Team and the Junior Development Ski Team have seen success and momentum in increasing their number of athletes. Coach Angele & Coach David's many hours of dedication along with investments in storage and equipment has created a positive learning atmosphere for the athletes.

PSR held a Strategic Planning session earlier this year to help provide a road map for the next 5 years. The steering planning committee gathered information from the session and prepared a draft Vision, Mission, Values, and Key Initiatives. A short survey is open to our members in order to determine if the plan resonates or if adjustments are required. We look forward to your input as we strive to build on Porcupine Ski Runners' legacy and rich history.

I encourage members of our ski community that would like to get involved to contact me or any other member of our Board.

Wishing you a happy and long season!

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Fall Issue

October 2018

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: Jennifer Bonsall

The Porcupine Ski Runners Annual Ski Swap and Expo

Ski Swap Drop-off : November 17-18
Ski Swap Drop-off: Saturday, November 24
Ski Swap and Expo: Sunday, November 25

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Facilities Report

~Alan Heino

The Facilities committee consists of Gerry McNair, Gerry Perreault, Ray Denis, Alan Heino and Jim Bielek and primarily looks after the chalet. The committee continues its work throughout the summer and fall to keep the place in good repair and have it ready for the next season. Their tasks are many and varied including performing patching and painting touch-ups in the chalet, cleaning floors, changing furnace filters, maintaining external security lights, reorganizing storage, updating signage and much more.

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

- We contracted the installation of blinds on the windows of the Lounge. When the blinds are closed in summer months, it helps to control the temperature and makes it more comfortable for any group renting the Lounge or meeting there. Closed blinds also reduce the glare on the projection screen during presentations.
- Ray did a number of minor repair jobs in the chalet and to the sign on the septic bed. This also included touch-up painting. Gerry McNair assisted Ray with some of these tasks.
- Ray and Gerry McNair are replacing the propane burning device in the fireplace with an electrical insert unit. This involves some modification to the structure inside the fireplace and also some work on the exterior wall where the chimney was located.
- A number of groups rented the Lounge this summer for meetings, training sessions and social events. The rental fees help to offset some of the expenses that continue during the summer months such as: property tax, electricity and propane. We feel it is also good to have the community make use of our facility - rather than have it sit continuously unoccupied - and it gives our club additional exposure to the public.

One of our rentals involved use of our trails as well as the Lounge. Thanks to David Vodusek for assisting us and the Alzheimer's Society with their Mud Factor fundraiser.

Some of this summer's tenants included: the Ministry of Natural Resources and Forestry, the Alzheimer's Society, Mennonite Central Committee Ontario and Northern College. There is a considerable amount of work for volunteers to coordinate these Lounge rentals but our clients have always expressed their satisfaction and commented on the beauty of the building. Thanks to Ray Denis, Neal McNair and Gerry McNair who have handled the off season rentals.

Personnel Report

Porcupine Ski Runners is pleased to welcome back Brent Cleverdon for his eighth season as our Lead Chalet and Rental Room Attendant. Brent will be starting in mid-November and his first priority will be pre-season duties such as preparing the chalet for the ski season and completing the waxing of rental room skis. After the ski season starts, Brent will be assisted by student workers in the rental room, with janitorial duties in the chalet, and at the gate. To date, the following students plan to return: Kristen Kornell, William Bernier, Emmalynne Bacvar and Madison Bouffard. Christine Dorion and Alan Heino are currently in the process of recruiting one more employee to provide assistance on weekends.

Lockers

Lockers are available to PSR members for rent on a year-to-year basis at a cost of \$60.00 per year. We have 192 lockers available to rent, with about 30 that went unrented last year. When you register for your membership you have the option of renewing your locker(s) from the previous season, requesting a new locker, or giving up your locker from the previous year if you no longer need it.

If you had a locker last season, it will be held for you only until December 31st 2018, meaning you will have to purchase your membership before the New Year in order to keep your claim to your locker. If you do not plan to renew your locker, please let us know as soon as possible.



Membership

At the June AGM our members approved a new membership fee structure. The major change is the elimination of family memberships in favour of age-based individual pricing. The rationale for the change was increased fairness for all members as well as simpler administration of the membership data.

The new rates are listed below. Individual rates have been lowered across the board, including free memberships for children 5 years of age and under. Again this year, you will be able to purchase your membership through our website at www.porcupineskirunners.com. The online registration has undergone a major overhaul as well and now has the following features:

- Quickly renew past members and lockers, return and add members or lockers at a later date
- Update your contact information
- Get your locker number and combination
- Retrieve and print receipts and membership cards

Also new this year, we are offering you the option to register online but pay offline. Online registration saves our volunteer admin staff many hours of data entry, so we would like to see as many members as possible use the online registration option. For those members who prefer not to do online payments, we are allowing online registrations, with the option to pay later in person or by mail. Of course, you can still pay online with the transaction handled securely via Stripe.com, and receive the added advantage of having your membership active immediately with printable membership cards sent to you by email.

Thank you to all our members! You are the main source of revenue for the club and our strong membership base is what makes Porcupine Ski Runners such a fantastic club.

Survey

Recently PSR undertook a strategic planning exercise with a group of close to 30.

The Strategic Planning Subcommittee has used the information gathered during the group exercise and are presenting the following draft recommendations for our broader membership feedback.

<https://www.surveymonkey.com/r/LPXZSWT>



Facebook events

Please like us and follow us on facebook to get all the upcoming events. We will have plenty of events during the season.



Age (as of December 31, 2018)	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.



Evening Showshoe Events

~Christine Dorion

Evening snowshoe events will be held every Tuesday at 6:30 PM. Volunteers will be there to guide you along the way.

Every Thursday night at 6:30PM will be Ladies Snowshoe Night. This is not a guided event.

There is no sign up required or extra fees for these events, however you must have a membership or day pass to attend. Please arrive early to arrange equipment rental if required and don't forget a headlamp.

Ladies Ski Night

Ladies Night will take place every Thursday at 6:30PM. It's a social ski guided by volunteers. This is a very relaxed and fun evening of skiing, for approximately 1 hour, along the lighted trail system. If you are new to skiing, this is the night to try it out.

Rentals are available for Ladies Ski Night. Please call the office at 705-360-1444 during the day to make rental arrangements, and have your skis ready for you.

If you have any questions regarding these fun evenings please contact Christine at Christine@nconn.com or call/text 705-262-9610.

Biathlon Report

~Angele Caporicci-Head Coach/President
Timmins Biathlon Club/Biathlon Bears

Registration Day: November 17-18, 2018, from 10AM-1PM at Porcupine Ski Runners.

The Biathlon Bears will be starting their season on December 8, 2018 from 11AM to 2PM. Biathlon Bears runs every Saturday from December to March (weather permitting and/or otherwise notified).

The club has seen the growth in the performances of our young athletes as the land expansion of our Range Area near the Sprint Trail was finalized. This allowed the club to provide the athletes the ability to really improve and hone

their marksmanship skills. Most recently, we have completed the building of our storage facility, located near the range.

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

The objective is for the athletes to become competent cross-country skiers and shooters and to utilize those skills to explore a wide range of activities, including starting races at a local level. They develop fitness through active play, games, activities, and frequent cross-country skiing during the season, all while having fun in a relaxed team atmosphere.

This season, Biathlon Racers will be attending races in Val Cartier and Chelsea, Quebec. As well, the club will host its very own club race on Saturday, March 16, 2019 for all the Biathletes. Anyone is welcome to come and see us in action! Last year, we had over 30 athletes from Northern Ontario attend our first race. We look forward to the coming season!

The club has seen improvements over the past years, however we are in dire need of adults/teens who are willing to coach and have fun with our young Bears on Saturdays. All you need is the ability to skate ski, to teach skiing, or a willingness to teach marksmanship. (We will teach you how to use the Daisy air rifle, so you can work with the Bears in that capacity, even if you don't ski). We will provide you with the rest! If you know of anyone who is willing to help, please contact Angele Caporicci.





Jackrabbits and Skills Development

~Christine Dorion and Angie Bernier

Registration for the 2018 season of the Skills Development Programs (Jackrabbits) will take place on November 17-18, 2018 from 10AM-1PM at Porcupine Ski Runners. **Registration is available on-site only.** Program cost is \$50. Equipment rental (if required) is an additional \$50 for the season. Please bring your child to registration for fitting. New spots are available but limited.

Spots are reserved for children who were enrolled in the program last year, however, you must confirm your child's attendance by registering on either November 17 or 18. Please notify us via email if your child will not be returning to the program so we know how many new participants we can register.

Children from ages 3-5 must have one adult participating in the program with them. For children ages 6-12, no parent is required but you may join if you choose. The skier and parent accompanying the child must be a member of PSR. Membership can be purchased online prior to program registration, or in person on registration day. Junior Development Team children are to register with Jackrabbit registration.

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

For general questions and enquiries, please contact Christine Dorion at Christine@nconn.com. **We are always looking for parents/adults to help during lessons.** Remember, Cross Country Skiing is a sport for life; starting children early on will assure a healthy and strong cross-country community!

Programme des Jackrabbits

Les coûts sont de \$50 par enfant pour l'inscription et \$50 pour location d'équipements pour la saison. Apportez votre enfant pour essayer l'équipement.

Les enfants de 3 à 5 ans doivent être accompagnés d'un adulte. Pour les 6 à 12 ans vous êtes bien venus à nous rejoindre si vous le désirez. Les enfants et les parents qui les accompagnent doivent être membre du PSR. Vous pourrez vous inscrire en ligne ou en personne les jours d'inscription.

Les sessions sont les dimanche de 13h (ou 13h30 selon le groupe d'âge) et d'une durée d'environ 1.5 heure. La saison commence en janvier.

Nous avons réservé des places pour les enfants qui étaient inscrits au programme l'année dernière, mais vous devez vous inscrire durant les journées d'inscription pour réserver vos places. Afin de laisser la chance à tout le monde, SVP nous aviser si vous ne comptez pas revenir. Nous avons aussi des places pour les nouveaux et nouvelles adeptes du ski!

Canadian Masters XC Ski Championships

~Mike Kornell

PSR has been selected to host the 2019 Canadian Masters XC Ski Championships. Masters skiers, both male and female are 30+ in age. Goldcorp has kindly stepped in as the title sponsor.

Friday, February 8, 2019 will be a 10KM classic race. Saturday, February 9, 2019 will have a choice of a 20KM classic in the morning or a 20KM skate race in the afternoon. Sunday, February 10, 2019 will be a 10KM skate race in the morning. Racers will enjoy a Friday night social at College Boreal, and an Awards Banquet will be held at the Dante Club on Saturday night.

Participating skiers need to be members of their provincial masters association. There is a \$20 annual membership fee. Local Ontario skiers can refer to <http://onmastersxcski.blogspot.com/>. The event online registration will be via Zone4. Our PSR webpage will have detailed information and a Zone4 registration link by late November.

Questions and volunteer opportunities can be answered by Mike Kornell via email at kornell@outlook.com.



Trail and Property Updates

~Gerry Perreault

Early in May, Ray was kept very busy with unexpected repairs. Vandals caused several thousand dollars of damage to our lighted trail system. Site visits have been completed, bids have been received from contractors and we expect the repairs to be ready for the ski season. To help secure the area, extra fencing and security gates have been installed. You will also notice these changes at the entrance to the snowshoe trail.

Other regular maintenance work was completed during the off-season as well. Over 150 loads of wood waste were spread in various spots that were in need of some upkeep. Brush cutting and removal of downfall was completed between August and October. The Brush Hogs are saving our crew from a lot of manual work, and we were fortunate to get everything completed early, since the weather has not been too pleasant this fall.

Some improvements have been done on the interior trails and more ditching and repairs were completed on the Olympic Loop by Goldcorp, one of our strong supporters. All of the grooming equipment was overhauled in the spring and will be available when required.

The following list of our dedicated helpers deserve much thanks for their commitment to keeping the trails and equipment in tip-top shape:

- Robert White
- Denis Brûlé
- Germain Lauzier
- Ray Denis
- Gerry Perreault
- Mike Kornell
- Mike Pintar
- John Sullivan
- Dale Columbus
- Roxanne Bedard
- Sam Miron
- Lee-Ann Wearing
- Rhys Lucas

Cross Country Ski Swap and Expo

November 24-25, 2018 at the PSR Chalet

Hosted by the PSR Race Team

Saturday, November 17 & Sunday, November 18, 2018

- Ski Swap Drop off (10AM-1PM)
- Timmins Biathlon Club & Jackrabbit Registration (10AM-1PM)
- Membership Signup (10AM-1PM)

Saturday, November 24, 2018

- Ski Swap Drop off (10AM-1PM)
- Ski Waxing Services Drop off (10AM-1PM)
- Chalet Tours and Q & A Booth (10AM-1PM)
- Membership Signup (10AM-1PM)
- Atomic & Solomon Ski Rep (10AM-1PM)
- Grip Waxing with Lorne Luhta (11AM-NOON)
- Free Finnish Pancake Lunch (NOON-1PM)
- Glide Waxing with Lorne Luhta (1PM-2PM)

Sunday, November 25, 2018

- Ski Waxing Services Drop off (7AM-2PM)
- Chalet Tours and Q & A Booth (10AM-2PM)
- Ski Swap (10AM-2PM)
- Retailers Displays (10AM-2PM)
- Atomic & Solomon Ski Rep (10AM-2PM)

Special arrangements can be made for ski swap items and waxing services. For information on the event, please visit the Porcupine Ski Runners and Snowshoe Club's web site or contact David at 705-235-5108 or via email dvodusek@eastlink.ca.