

The Inside Track

A newsletter for members of Porcupine Ski Runners



President's Message

~Christine Dorion

What an amazing year we had. Beautiful winter weather with some folks still skiing as of April 25th. Of course, amazing grooming as usual and the last day of grooming was April 24th. We did encounter a few obstacles this season with diminished school groups attendance, due to labour disputes, and the COVID-19 pandemic. We made the best of these situations.

We had many activities happening at the club. Thanks to many volunteers we provided ski lessons, weekly events, the loppet and we hosted the Youth Champs. We are always looking for people to get involved with PSR. If you are interested in volunteering, please don't hesitate to contact us via email psrmanager@gmail.com. PSR is truly an amazing place to be in winter with many volunteers, staff, members and day users all making this club that much better. We will miss you this summer and we look forward to next season.



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Spring Issue

May 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

Due to the Covid-19 situation the AGM will not be held in June
THE PORCUPINE SKI RUNNERS ANNUAL GENERAL MEETING
will take place on

September 8th at 6:00 PM
Porcupine Ski Runners Chalet
All members are invited to attend.

Box 250
Schumacher, ON
P0N 1G0
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Personnel & Family Day

~Alan Heino

For the 2019-2020 Season, Brent Cleverdon returned to PSR in mid-November as our Lead Rental Room Attendant and began work on the pre-season duties prior to the official season opening. Throughout the season he was responsible for janitorial duties, he managed the rental room and assisted with training our five student employees: William Bernier, Madison Bouffard, Keenan Cleverdon, Nathan Lloyd and Danielle Southcott. These student employees assisted Brent, mostly on weekends, but during Brent's weekends off they were responsible for all of these duties. In addition, the students cooperated well in taking turns working as gatekeepers. Starting in mid-January, Danielle stepped up to provide team leadership to our student staff every other weekend – during Brent's weekends off. Nathan replaced Danielle in that role when she was unavailable. Collectively, with the help of volunteers at some times, they all did a great job providing rental room services for individual and family equipment rentals, and for our various group rental activities such as: School Programs, Jackrabbits, Evening Snowshoe, Ladies Night, the Annual Loppet, Ontario Youth Championships and the Family Weekend Promotion.

This year, we changed the rental and day fees structure for the Family Day Promotion from 50% discount on Family Day (Monday) to 30% discount throughout the Family Day Weekend (Saturday, Sunday & Monday). Overall, the participation on the Family Day Weekend was good; average on Saturday and Sunday and, as experienced in prior years, very good on Monday. Also, we noticed that most of the rentals incurred on the Monday Family Day were from adults. This is likely explained by children recreational activities run by other organizations that coincided with our promotion. Our volunteers: Christine Dorion, Gerry McNair and Alan Heino helped out during the peak period, and our staff worked well together in making it a successful event. To this effect, we welcome and appreciate interested members wanting to lend a helping hand.

Thanks to Christine Dorion for giving most of the initial training to our student employees and Gerry McNair who assisted with training for the accounting procedure. I especially thank Christine Dorion for assisting me with recruiting all of our students and taking the lead in scheduling their shifts throughout the 2019-2020 Season. And thanks to our Treasurer, Beverly Beaven, for processing my bi-weekly payroll submissions for our staff in a prompt and accurate manner.

Schools and Groups

~Neal McNair

This was a difficult year for schools. The labour disruptions, snow days, and COVID-19 made it difficult for many schools to take full advantage of our trails and facilities this season. Despite the disruptions, several schools were able to come out multiple times and we thank all the teachers, principals and other volunteers who make the effort to bring so many local students out to PSR.

We hope that the next school year will see a return to normal, and we look forward to seeing the hundreds of happy young skiers on the trails again.



Summer Chalet Contacts

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)
	705-266-4213
Alan Heino	705-264-9107 (Alternate Contact)



Events

~ Christine Dorion

Our weekly Evening Snowshoe and Ladies' Nights were busy nights at Porcupine Ski Runners this year. We had many new members come out during the week and it was a pleasure to host.

Learn to Ski Lessons were offered again this year – both classic or skate ski lesson. Thanks to Christine Dorion, Diane and Lorne Luhta for volunteering to lead the lessons.

We had a surprise visitor during at the end of the season. Thanks to a few members this Snow Lady sure help us out during the COVID-19 pandemic.



Trails

~ Lorne Luhta

Skiing began at PSR the first week of November and is still happening on April 25th. With abundance of snow and relatively warm weather we had a perfect season. One of the main aspects that made the winter at the club very enjoyable was being able to ski on perfectly groomed trails. Our grooming is second to none in the province and even the country. The equipment we use is similar to that used at all major ski resorts around the world and for Olympic and World Cup events.

Our main grooming machine is the Piston Bully which we purchased 5 years ago. It has a thirteen-foot tiller and two track setters. This season it worked 132 hours. As a backup to the Piston Bully we have a Bombardier BR 400 which is the same size. This machine was used for 29 hours for early season grooming and snow ploughing. Since the BR 400 is over 32 years old we are planning to replace it with another Piston Bully in the next year or so depending on available funds.

We purchased an Alpina Sherpa (a skidoo on steroids) two years ago for early season grooming and quick touch-ups. This machine was used with a roller to pack the trails after our first snowfall in October and throughout the year it pulls a Ginzu groomer and track setter. It was used for 261 hours this season.

Our two Scandic skidoos were used for a total of 41 hours pulling another Ginzu groomer. In total, grooming this season took 463 machine and man hours. This was done by Ray Denis, with volunteers Denis Brûlé and Rob White. These dedicated volunteers also performed many hours of machine maintenance. Since our club is mostly managed and maintained by volunteers, we are always looking for people to help run events, programs, and do trail work.

One of the tasks that involves many hours of work is trail brushing in the fall. We use a brush hog towed behind our ATV for some of the work but rely on brush cutters for edges and rougher parts of the trails. In the last few years our volunteer base has been shrinking. I am inviting those who would like some outdoor physical exercise this fall and who enjoy using our trails to volunteer for brushing. The more people we get out the faster the job gets done and the easier it is on everyone who participates.



Timmins Biathlon Club

~ Angele Caporicci- Head Coach\President

The TBC group had a great season this year. We had 15 Bears registered for our Saturdaisies Program and 8 athlete racers. The Club participated in a few IBU races which included Calforex cup in Canmore Alberta (3 races) in December 2019, Ontario Cup in Chelsea (2 races), PQ (Ottawa Region), and Ontario Winter Games in Orillia (2 races). Most of our athletes were first year to the IBU cup races. They are: Brandon Bennett, Simon Gray and Dylan Frappier, who were first year racers and Zander Frappier a second year racer. The athletes did not podium but came in respectably in the top 10 in all the races. This is a good base for next year.

At the Biathlon Cadet races at SSM in January, several of TBC athletes came home with medals. This includes: Andraya Johnstone - Youth Female Silver, Zander Frappier - Bronze Senior Male, Dylan Frappier - Bronze Junior Male, Brandon Bennett - Silver Senior Male, Cole Ruddell - Gold Youth Boys and Bronze - Open Male Relay with Nathan Lloyd, Simon Gray - Silver Medal Open relay. Several of these athletes qualified to advance to Regional Biathlon Competitions in SSM in February. Results of those races are as follows: Cole Rudell - Silver Medal overall Youth, Brandon Bennett - Bronze Senior Individual, Simon Gray - Silver Senior Male, Andraya Johnstone - Silver Youth female.

Our season was cut short due to world circumstances but it was overall a great year. The team and coaches are looking forward to next season. For the racers that means training starts in May with a training camp later this summer and fall.

We want to thank PSR for assisting us this year with the beautiful trails and Air Rifle range. If you ski by the Sprint trail, you will see our range area, which is tucked neatly beside our shed.

Youth Championship

~Brenda Smith

Youth Ontario Championships were held at PSR this season. There were 166 participants from various clubs throughout the province as well as from Quebec. The visiting teams were extremely impressed by our facilities and hospitality.

The event was very successful and demonstrated once again that our membership has outstanding volunteers. As with any event of this caliber the success rests on the shoulders of the volunteers. Christine and I would like to thank each and every person who donated their weekend to help make this a success.

Thank you to Lorne Luhta, John Labine, Spyke Pintar, Nat Charette, Rada Vodusek, Peter Lanzellotti, Nick Kanya-Forstner, Xander Frappier, Diane Dorion, Gerry Dorion, Roxanne Bedard, Steve Kulkula, John Sullivan, Dave Mairs, Sam Miron, Tammy Booth, Mike Columbus, Caleb McNair, Gerry McNair, Neal McNair, Rhys Lucas, Rob White, Ray Denis, Sylvia Labelle, Larry Labelle, Denis Brûlé, Dave Kapias, Claude Castilloux, Alain Heino, Richard Warriner, Greg Deyne, Jade Shalton, Nathan Lloyd, Will Little, Dave Schultz, Leo Lacroix, Jan Deyne, Helen Labine, Kim Wagner, Heather Hickman, Christine Adamson, Cheryl Allard, Linda Fauvelle, Vicki Bernstein, Glen Shalton, Wendy Mairs, Laurette Carle, Celine Tarlton, Denis Charette, Diane Luhta, Paula Paquette and the ski patrollers, George Rodda, Lorna Cooper, Yves Bisson, Rob Bouchard, Ken Fogal, Peter Bergeron, James Eckbert, Beverly Beaven.

A special thank you to Liz Inkila and Katja Mathys of Cross Country Ontario and to the Walden Cross Country Ski Club for their support and timing equipment.

On a final note we would like to acknowledge the generous donation from Newmont Porcupine without which this event would not have been possible.





2019-20 Financial Summary

~Beverly Beaven, CPA CGA, Treasurer

This year, we held Youth Champs and our yearly Loppet. We had a fantastic season with the help of Mother Nature.

Our biggest expenses are property taxes, utilities, payroll and insurance. There is always the upkeep of our trails, the equipment and the chalet. A big shout out to our volunteers who help us keep our expenses down as much as possible. Another shout out to all of you for using our trail system and keeping healthy. More important these days than any other time in recent history.

Our fiscal year is from June 2019 to May 2020. The information provided is up to March 2020, and with the few remaining expenses to come in, we should end up with a positive net income by the end of May.



Photo provided by Christine Dorion

Jackrabbits Youth Program

~Christine Dorion

This year Jackrabbits was so much fun. I enjoyed my season teaching over 60 registered kids including many new participants. It was nice to meet all the new families. New friendships were made while having fun during the great mild winter months. I would like to thank all the parents for involving their kids in this great winter program. This program would not be possible without the involvement of parents and, of course, the volunteer coaches and helpers.

A big thank you to Derrick Cremin, Kim Dorion, Marilyn McRae, Peter Lanzellotti, Richard Warriner, Anabelle Jesabelle Gagné and all those parents who helped with each group. Also a great thank you to the race team members for helping out this season. The kids really enjoyed having them around during the sessions.

For next season the kids who participated this year will be notified by email prior to opening the program to the public. This will give them first choice of registering again for the Jackrabbit program. The number of coaches available will determine how many registrants we can accept next season.

Jackrabbit registration for next year will again be available online. We are looking for Coaches, Assistant Coaches or Helpers. Those interested in helping to coach or assist next season may contact Christine at psrjackrabbit@gmail.com

June 1, 2019 to March 31, 2020

REVENUES

81,162.96	Memberships
23,225.78	Youth Champs
18,797.36	Day fees
17,256.89	Rental equipment
14,780.26	Rental chalet and lockers
12,166.74	Other
9,841.00	Donations
4,700.00	Jackrabbit
181,930.99	TOTAL REVENUES

EXPENSES

26,061.71	Property taxes and utilities
24,937.88	Payroll
24,290.72	Insurance
14,635.26	Youth Champs
14,350.00	Management coordinator
13,139.82	Other
12,733.83	Equipment, trails, chalet upkeep
130,149.22	TOTAL EXPENSES
51,781.77	REVENUES LESS EXPENSES



One Thousand Kilometre Challenge in 2020

~Diane and Lorne Luhta

We love looking at the history of the 1000 Kilometre Challenge because we have a history now. It started in 1984 when classic skiing was the only way to ski cross country and the trails were not anywhere as well groomed as they are today. Equipment was not as good either. In 1984 only 9 people skied 1000 km or more. In 1998 we had better trails with better grooming, a long winter season and skate skiing technique too. That year is the record for the most skiers to reach 1000 km or more with 55 club members reaching the goal. This ski season 27 avid skiers have reached the magic number. Nine of them skied 1000 km back in 1998 and they are on this year's list. More women are skiing and skintec skis have made classic skiing more enjoyable without having to worry about waxing, especially in the spring with varying conditions. Ten young racers skied over 500 km which is our cut-off for the PSR history books. Pretty impressive team!

Thanks to everyone who participated!



40th Annual PSR Loppet and Snowshoe Poker Run

~Christine Dorion

These wonderful Doctors sponsored this year's Loppet:

Dr Nick Kanya-Forstner

Dr Rick Kvas

Dr Lynne Schwertfeger

Dr Louisa Marion-Bellemare

Dr Judy Gillies

We thank everyone who participated in the event. We had a record number of participants (154 registered) with many travelling from out of town to join us. We are grateful to all the participants that came to support the club. Hopefully everyone had fun because it wouldn't be possible to have this annual event without you. Many local businesses donated prizes – great prizes again this year.

Thanks to all the volunteers, Brenda Smith, John Labine, Neal McNair, Christine Adamson, Kim Wagner, Renelle Robinson, Jessica Bergeron, Jordan Bergeron-Jasmin, Ava Bolger, Brahmi Bergeron-Bolger, Frank Lanzellotti, Richard Warriner, Peter Lanzellotti, Larry and Sylvie Labelle, Rob White, Ray Denis, Rhys Lucas, Denis Brûlé, Vicky Bernstein, Gerry McNair, Bev Beaven. The event was fun and successful!

1000 KM CLUB

Claude Castilloux	2115	ALMOST THERE	
Claude Gagnon	1765		
Ray Denis	1708		
Alan Heino	1605	Kim Wagner	850
Jane Schultz	1535	Mike Young	843
Brenda Smith	1510	Diane Luhta	815
LouAnn Visconti	1451	Marissa Pladzyk	780
Mike Kornell	1418	Dave Vodusek	719
Brenda Vodusek	1412	Xander Frappier	697
Mary-Anne Church	1400	Olivia Vodusek	652
Nick Kanya-Forstner	1390	Vickie Bernstein	608
Kevin Montgomery	1388	Laurette Carle	604
Rhys Lucas	1319	Chantal Kukulka	602
Lorne Luhta	1270	Nicole Kukulka	600
Raphael Delli-Quadri	1200	Dylan Frappier	599
Dave Schultz	1184	Brielle Charette	593
Denise Kornell	1183	Mari Luhta	550
Dave Mullen	1152	Claire Young	539
Erik Luhta	1141	Heather Hickman Young	528
Neal McNair	1117	Amber Pietila	503
Jade Shalton	1116		
Dave Kapias	1099		
Rob White	1082		
Jan Deyne	1062		
Gilbert Racine	1057		
Stan Vasiliasukas	1039		
Julia Vodusek	1036		
Spyke Pintar	1010		
Rick Demers	1000		



PSR Race Team

~David Vodusek

The PSR Ski Team had another fantastic ski season and continued to proudly represent Porcupine Ski Runners at Ontario Cup events in Thunder Bay and North Bay, Ontario Winter Games in Orillia and the Ontario Youth Championships held at our very own club. The team members are Amber Pietila (10), Brielle Charrette (14), Chantal Kukulka (12), Chloe Young (13), Claire Young (12), Dylan Frappier (15), Jade Shalton (15), Julia Vodusek (14), Mari Luhta (13), Marissa Pladzyk (14), Nicole Kukulka (12), Olivia Vodusek (10), Riley Luhta (9), Tyler Frappier (11), Will Little (15) and Xander Frappier (17).

At our first event of the season, Ontario Cup #2 at Lappe Nordic Ski Club, Olivia Vodusek placed 4th overall in the U12 category - 2.5 km classic and captured the gold medal in the U12 - 2.5 km freestyle the following day. Other PSR athletes at the event included our U14 girls who all achieved top 15 places and our U16 and U18 boys placing in the top 20.

The entire team of 16 athletes participated in the Ontario Cup #3 and Ontario Winter Game Trials in North Bay on Jan 18-19. The first day of the race was the freestyle category, which saw the team competing through a snow storm to accomplish excellent results. The team brought home a total of eight medals over two days with some personal bests achieved. In the U10 girls category, Riley Luhta took first place in both the freestyle and classic events. In the U12 girls category, Chantal Kukulka brought home silver medals for both the freestyle and classic events, Olivia Vodusek took the bronze in freestyle and Nicole Kukulka captured the bronze in the classic race. In the U14 girls category, Julia Vodusek won the bronze medal in the 6.6 km freestyle race. Other PSR racers in attendance include Amber Pietila, Claire Young, Tyler Frappier, Chloe Young, Marissa Pladzyk, Mari Luhta, Brielle Charette, Jade Shalton, Wil Little, Dylan and Xander Frappier. They all had excellent results.

Six athletes from our team were selected to be part of the Northern Ontario Ski Team at the Ontario Winter Games. Those athletes were Brielle Charette, Dylan Frappier, Jade Shalton, Julia Vodusek, Marissa Pladzyk and Wil Little. At this event the team did well with the girls placing in the top 20 in their respective categories and the boys in the top 30. Two athletes from the race team also participated at OFSAA. Jade Shalton placed 13th and Wil Little was 65th with close to 160 kids in each category.



Photo provided by David Vodusek

Our last event of the year was Ontario Youth Championships for athletes aged 8 to 14, held at our club. Riley Luhta captured a silver medal in the U10 girls skate and a bronze medal in the U10 girls classic event. Chantal Kukulka captured two bronze medals in the 2008 year of birth and U12 skate and classic events. Olivia Vodusek captured a silver medal in Sunday's 2009 year of birth category while teammate Amber Pietila captured a bronze medal in the 2009 year of birth classic. Also medaling in Saturday's classic event was Mari Luhta who placed 3rd in the 4 km 2007 year of birth category. Other PSR participants with fantastic results in the top 15 included Muriel Wray, Tyler Frappier, Nicole Kukulka, Claire Young, Chloe Young, Brielle Charette, Julia Vodusek and Marissa Pladzyk.



Photo provided by David Vodusek



PSR Ski Team Cont.

~David Vodusek, Coach

Since the team began training as a group last September, the skiers have continuously improved in both fitness and ski technique and their results from this past season reflect the commitment of both the racers and their parents. The team held 4 practices each week; however, many of these young athletes demonstrated their dedication to the sport by training an additional 5-7 times each week on their own. As a result, they were able to reach impressive distance goals and some of them skied every day during the months of March and April. A big congratulations goes out to Jade Shalton (1116 km) and Julia Vodusek (1044 km) for achieving their 1,000 km distance goal and to our youngest skiers Olivia Vodusek (684 km), Chantal Kukulka (602 km), Nicole Kukluka (600 km), Claire Young (539 km) and Amber Pietila (503 km).

The team extends a big thank you to the club, grooming crew, coaches, trainers, waxers and race team parents for their countless hours volunteering and helping to make competitive ski racing/training a fun and rewarding sport at our club.

The team will continue to train throughout the summer months, focusing on teamwork, sportsmanship and having fun with group workouts and races. Anyone with any questions about the program can email David Vodusek at psrrace@gmail.com.



Photo provided by David Vodusek



Photo provided by David Vodusek



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Membership Report

~Neal McNair

We had a total of 936 members this season, which was an increase of 45 from last year. We had the advantage of an early start to the season, which always helps drive early memberships, but there is no doubt that the efforts by the PSR Board to offer a range of programming options for both youth and adults helped get new registrations as well. Thank you to all the volunteers and staff who work so hard to offer quality trails, programming and customer service to the membership. And thank you all our members for your ongoing support and participation in the club's mission and vision.

Memberships Revenue

Total Members: 936
Ski Memberships: 826 (88%)
Snowshoe Memberships: 110 (12%)

Total Membership: \$91,960
Ski Membership: \$86,245 (94%)
Snowshoe Membership: \$5,715 (6%)

Sub Categories

Adult Ski	472 (50%)
Senior Ski	149 (16%)
Teen Ski	64 (7%)
Youth Ski	122 (13%)
Child Ski	19 (2%)
Adult Snowshoe	59 (6%)
Senior Snowshoe	43 (5%)
Teen Snowshoe	0 (0%)
Youth Snowshoe	8 (1%)

Adult Ski: \$63,720 (69%)
Senior Ski: \$14,800 (16%)
Teen Ski: \$3,485 (4%)
Youth Ski: \$4,240 (5%)
Child Ski: \$0 (0%)
Adult Snowshoe: \$3,540 (4%)
Senior Snowshoe: \$1,935 (2%)
Teen Snowshoe: \$0 (0%)
Youth Snowshoe: \$240 (0%)

Net Membership Related Revenue

Gross Membership Revenue: \$91,960
Gross Locker Revenue: \$11,640
Member Donations: \$3,215 (THANK YOU!)
Total Gross Revenue: **\$106,815**

CCC Memberships and Insurance: (\$18,521)
HST (memberships): (\$10,579)
HST (Lockers): (\$1,339)

Total Net membership revenue: **\$76,376**



Facilities Report

~ Alan Heino

In our tenth season in our new chalet, we continued to manage our facilities well in support of many events. Our three most notable events held this year were: the Ontario Youth Championships held March 7 - 8, the annual Loppet held on Saturday February 29 and the Family Weekend Promotion held on February 15 - 17.

For our day-to-day operations, the rental room opened for business on the weekend of November 30 to December 1 and continued with weekday rental room hours: 3 pm to 7 pm and full day rental room hours on the weekends: 10 am to 6 pm. Equipment rentals have continued to grow in popularity and allowed many people to experience our trails for the first time, whether it's cross-country skiing (classic or skating) or snowshoeing. Hopefully, many of this year's rental equipment users will consider purchasing memberships next year.

This year, we unexpectedly had to close our rental room and chalet earlier than originally planned as a precaution in light of the evolving COVID-19 pandemic. Our president Christine Dorion and vice president Brenda Smith were in close contact with the Porcupine Health Unit during the early stages of the pandemic. This was done to allow us to proactively address the safety of our staff, members, rental room customers and the public at large within the chalet.

Based on recommendations from the PHU, chalet usage restrictions were implemented in a staged manner beginning March 17. First all tables and chairs in the lounge were put away to limit usage of the lounge, hand sanitizers were made available throughout the chalet, staff were regularly sanitizing table tops etc., signs were posted throughout the chalet to advise chalet users that only two people were allowed in each of the change rooms and in the rental room at a time, only four people were allowed in the locker room and the canteen was shut down. On Friday March 20 after continued discussions with the PHU, we shut down the rental room effective Saturday March 21, and closed access to the chalet effective March 23rd.

During the off-season the Porcupine Ski Runners lounge is normally available to rent for a variety of events and gatherings such as business meetings, social gatherings and day camps. In light of the pandemic, we regret that we are currently unable to take bookings until the Province gives its approval to host such events and gatherings. If the situation changes, details for Facilities Rental will be posted on the club's website.

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.