



The Inside Track

A newsletter for members of Porcupine Ski Runners

50th Anniversary 1973 – 2023

Special Edition – The first 20 years

Celebrate
50



Original wax shack - 1976

Welcome to the 2022-23 season. This is a special year because it's the 50th anniversary of the club. We're planning some special events and we will keep you informed of all the action through these newsletters, our website and Facebook. Watch for it, renew your membership and plan to participate whenever you can.

Membership

Membership fees have changed from last season. You may renew your membership by using our online membership portal at www.porcupineskirunners.com. When you register for membership, you have the option of renewing your locker(s) from last season, requesting a new locker or giving up your locker if you no longer need it. If you had a locker last season, it will be held for you only until December 31, 2022. Renting a locker is quite popular so we'll appreciate knowing if you do not plan to renew your locker rental. You can do this using the online membership portal or you may send an email to psrmemberships@gmail.com.

When you register online you have the option to pay online with a credit card or to pay later by cheque or in person with a credit card or cash – after our staff has returned to work. We have included a paper membership application form for those who prefer to register that way.

Age Category (Age as of Dec. 31, 2022)	XC Ski & Snowshoe	Snowshoe Only
0 to 5	\$0	\$0
6 to 12	\$35	\$30
13 to 19	\$55	\$30
20 to 59	\$150	\$65
60 & older	\$125	\$55

Most information in this issue of *The Inside Track* pertains to the first 20 years of the club, 1973 to 1993. There will be 2 more editions with information in the years up to 2023.

Anniversary Issue #1 October 2022

The Inside Track is distributed to members of Porcupine Ski Runners to keep them informed about club activities.

This is one of three special editions to commemorate the 50th anniversary of the club.

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Cross Country Ski Expo

November 19th

9 am-1 pm

@ the PSR Chalet

Racing - a personal viewpoint

Frank Ferrari

From January 3 – 8, 1984, I competed in four races, 2 in Ste. Adele, QC and 2 in Hull, QC. Since I finished as one of the top 4 junior men in Canada, I qualified for the World Junior Championships in Trondheim, Norway. The excitement of the city and camaraderie prior to the competition was nothing compared to the exhilaration of race day; February 3rd, was the day of the 15 km race.

Although I had heard stories of other championship races in Europe, nothing I had heard could possibly have prepared me for the sight I was to witness as we pulled up to the race site. The last 300 metres towards the parking lot took about 20 minutes. Driving was so slow because the roads were jammed with spectators. I couldn't believe all the people. I waxed my skis in the designated area and went to test my wax in the training track. At this time the girls' race was ending and the crowd was screaming, so my adrenaline was now starting to pump; I wanted to race more than anything.

I drew #8 and one of the top soviet skiers drew #12. As #7 took off, I had 30 seconds to my start. Waiting in the blocks is the loneliest time of a cross country skier's life. This is when the skier must stand alone, no coaches or advisers, all alone. At this point, self-confidence is the key. The skier contemplates what has to be done and strategically sets out to do it. 3..2..1.. GO.

Now, I am pushing as hard as I can, the crowd is screaming and this is what it is all about. As I left the stadium the cheering didn't stop, the crowd had lined both sides of the 15 km trail, 3 rows deep.

After 5 km I was in 50th place and the worst Canadian, 10 seconds behind Al Pilcher and Dave Lumb and 15 seconds behind Wayne Dustin. I felt terrible and pushing was a struggle. After 10 km, I felt a little stronger but the pain was still there and I was pushing it. I picked up a few places and was in 46th spot. I was 22 seconds ahead of Al and Dave and 29 seconds down to Wayne.

At 12 km, I was tracked by the Soviet skier and I skied as I never had before. The tempo was so much faster, and all of a sudden I wasn't hurting. My whole outlook changed at this point of the race. If I could ski with him, then I could beat him. The last 3 km of my race were the fastest I have ever skied, I beat the Soviet skier across the finish line and I picked up 10 places. I was 2nd Canadian and in 36th spot.

Now the World Junior Championships are history, but the memory will live on forever. I now want to improve, become stronger and faster. It has been said that the 1988 Olympics are impossible. I think that people live within the boundaries they set for themselves. I say the 1988 Olympics, for me, are possible and if my attitude doesn't change drastically, very probable.

At this time I would like to thank Lorne Luhta for his endless hours of coaching and moral support. I realize he owns a big part of my success. Thank you to Porcupine Ski Runners for the money allotted the Racing Team and the help received from everyone. I appreciate the help and it is nice to know you have friends.

Published in 1984 Spring Issue of the Newsletter

1000 km Club

In 1984 while Diane and Lorne Luhta were visiting Lappe Nordic Ski Club in Thunder Bay they noticed a 1000 kilometre board and they decided it would be a good way to motivate the ski team racers and other club members. So we copied their idea and that first winter nine people (6 racers and 3 non-racers) skied 1000 km or more. To recognize the achievement of skiing 1000 km in a season we started giving out special pins designed by Gerry McNair to indicate membership in this prestigious group. Every season we have members who strive to reach that 'magic' number. Weather, injury and other commitments can make it difficult, but we congratulate all those who achieve the goal, as well as those who attempt it, by listing their names in *The Inside Track*.

In the first season, 1983-84, the trails had no lights and they were not as well groomed as they are today. Equipment was not as good either. In 1996 members set the record for the most skiers to reach 1000 km or more with 55 club members reaching the goal. That year we had better trails with better grooming, a long winter season and skate skiing technique was being practised; but we did not yet have trail lights for night skiing.

While a list of skiers who successfully ski at least 1000 km is included each year in *The Inside Track*, keeping accurate records for this club is a challenge because the entries on the chart are sometimes difficult to interpret and some years skiing continues after the list has been compiled. We do know some things worth reporting:

- ✓ In 1996 a record 55 people skied at least 1000 km.

- ✓ 229 individuals have skied 1000 km or more in a single season at least once since the challenge began.
- ✓ Lorne Luhta has the record for most years.
- ✓ In the 39 seasons the club has existed, 8 members have skied 1000 km in at least 20 (half) of those 39 years. Mary Ann Church, Sue Kaczmarek, Germain Lauzier, Lorne Luhta, Gerry McNair, Raimo Peltoneimi, Gerry Perreault, Jane Schultz.
- ✓ Achieving the 1000 km mark consecutively, without missing any year, has been done by Raimo Peltoneimi 27 times, 26 for Gerry McNair and 23 for Jane Schultz.

The challenge for our 50th anniversary is to have at least 50 members ski at least 1000 km in the 2022-23 season.



1000 km Pin Designs (in order left to right):

- Before skate skiing
- After skate skiing
- Redesign on reorder

History of Porcupine Ski Runners 1973 to 1993

Diane Luhta and Gerry McNair

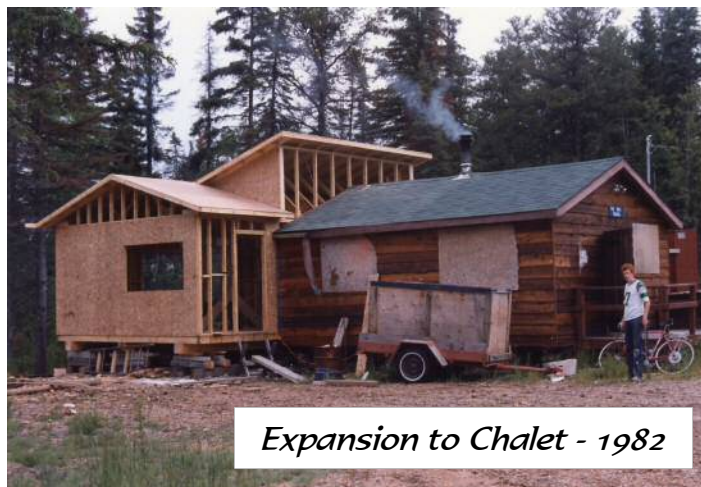
- 1973 In January, Diane and Lorne Luhta initiated a meeting for people interested in cross country skiing. About 30 individuals attended that first meeting and organized themselves as non-profit. They incorporated the club and then joined the Northern Ontario Division of the Canadian Ski Association. Skiers met at the All Season's Park on Kraft Creek Road.
- 1974-75 The club moved to Kamiskotia Ski Resort and volunteers, led by Lorne Luhta, cut 10 km of ski trails. The club hosted the Northern Ontario Ski Championships and they started the PSR racing team.
- 1976-77 The club moved to its Schumacher location on land owned by McIntyre Mines Ltd. Volunteers developed two 5 km trails, a 3 km trail and skiers used a small shelter attached to the old Croation Dance Pavilion as their first "Wax Shack".
- 1977-78 Government sponsored summer work programs provided students to assist in converting a donated dynamite storage building to new "Wax Shack" or chalet.



Converted dynamite building - 1978

- 1978-79 Volunteers and students cut an additional 5 km of trails to produce the Yellow Trail (not quite the same as it is today). The club hosted the Northern Ontario Championships and PSR racers won the club's first Canadian Championship medals at the Canadian Junior Championships.
- 1980-81 Wood chips were layered for the first time on the trails to even out the surface and make earlier season skiing possible. The club ran its first loppet at Kettle Lakes Provincial Park with 103 skiers completing the 22 km distance. Will Gasteiger started the Junior Ski League.
- 1981-82 Marie Gannon and Michelle Lauzier used the facilities of PSR for a Jackrabbit program at Flora MacDonald Public School.
- 1982-83 The tenth year began in an expanded chalet thanks to work led by Gerry McNair. A government work program assisted the club in cutting a new section of trail to South Porcupine; this provided a suitable trail to move the loppet to the club's trail system. Diane Luhta organized the first

club Jackrabbit Program. Frank Ferrari became the club's first overall age group Canadian Champion winning the Junior Men title.



Expansion to Chalet - 1982

- 1983-84 Student workers led by volunteers cut the 7.5 km Olympic Loop. To encourage more skiing the 1000 km club was started.
- 1984-85 Because skate skiing was becoming popular the club's executive began planning to cope with new trail and equipment needs to accommodate the new technique. The club hosted a selection race for the Canadian World Cup Team.
- 1985-86 Elementary schools began using the club, free of charge, for after-school skiing.
- 1987-88 Former club racer Jamie Kallio competed in Biathlon at the Calgary Olympics.
- 1988-89 Under the leadership of Gerry Perreault and Lorne Luhta, volunteers built a new garage (now G88), widened the trails and cut new sections of trail to accommodate a power line for the ERG mining project. The "Big Red" machine was purchased to cope with grooming wider trails. In 1989 Leanne Luhta became the second club racer to win overall age group championships as a Juvenile Girl at the Canadian Championships and she repeated the feat in 1990.
- 1991-92 Led by Doug Barrett PSR hosted over 200 entries in the Ontario Cross Country Ski Championships. Club leaders took advantage of a highway construction project to get gravel to partially fill a low section of ground near the chalet.
- 1992-93 PSR celebrated its 20th Anniversary in the year that the membership count surpassed 1000 for the first time. Royal Oak Mines donated a large trailer and it was moved onto the site developed the previous summer.

To be continued in the next issue

Trail Grooming 1973 to 1993

Lorne Luhta

The club's first groomer was an old 12.5 horsepower Snowbug which towed a single bed bedspring to level the trail and then towed a crude wooden track setter which I made at home. I remember we bought the Snowbug from Don Perry for \$250.00 and he had to wait until the end of the season to see if we had enough money from memberships to pay him.

Next we purchased a new 25 horsepower Snowbug. These machines were made in Sudbury and were real workhorses. Later we purchased a double track Skidoo Alpine since it would pack wider. We eventually got another one so that packing, grooming and track setting could be done with 2 volunteers to save time. We also purchased a narrow factory made groomer to replace the bedspring and also a metal track setter. These Alpines were very hard to steer especially when pulling a groomer and it was hard to keep them on the trail. When these Alpine's got stuck, they really got stuck and it was backbreaking work to get them back on the trail. Pulling the groomer also had its discomforts. Sometimes it would get stuck on a stump or rock suddenly stopping the snow machine and the operator would fly over the front. I cut and broke my nose once hitting the windshield as I was going over. This was before we smoothed out the trails by blasting, using machinery and laying down wood waste.



In the 1980's skate skiing was becoming popular which put a real burden on our club. Not only did we have to widen 30 km of trails we also had to buy a bigger machine for grooming. The first one was a Bombardier Bombi. We had a roller and a drag made to pull behind it. We soon realized that this machine was too small for the job. As an example, after dinner one evening, I asked Frank Ferrari, who at the time was on the National Ski Team, to come out and help me pack the Olympic trail after a really heavy snowfall. The other trails were done the evening before. I told him it would be easy and should only take a few hours. After getting stuck on almost every corner on the uphill, we had to unhook the roller,

pack with the machine, hook the roller up with a chain, pull it onto the packed snow and then attach it to the machine again. We also had the engine stall a few times since snow would get into the engine and we'd have to wait until it thawed before moving on. I got Frank home at 4 a.m. He had to nap in the afternoon between his 2 workouts later that day.

An interesting event happened one night when Gerry Perreault and I were grooming the South Porcupine trail with the Bombi. It was -30°C and as we were approaching the end of the trail we saw what appeared to be a log on the trail. I jumped out to move it and discovered it was a person lying unconscious in the snow. He was wearing a summer jacket, baseball cap and thin gardening gloves. We lifted him into the Bombi, went to the end of the trail and carried him to the South Porcupine Hospital, which is now the Spruce Hill Lodge. We brought him into emergency where the staff wanted questions answered, reports written etc. but we said we were busy. I saw him walking on a street in South Porcupine about a week later so I guess he survived.

The only really unpleasant memory I had from our time with the Bombi was on a Saturday morning after a heavy snowfall. Our few volunteers started at about 4 a.m., packing with the Bombi and tracksetting with the Alpine. It was another tough session and we didn't finish until after 10. We were greeted at the club by an irate woman who didn't hide her feelings by telling us that she was a paying member who skis at 9 o'clock sharp and was quite upset that the trails were not ready. We told her we were really sorry.

The next groomer we bought was a Thiokal Sprite we called "Big Red". It cost us about \$13,000 and was about 40 years old at the time. It had a 6 cylinder gas engine and mechanical steering (as opposed to hydraulic or power). We did some minor modifications to it and it served our purpose quite well. It pulled a big drag which we had fabricated.

One memorable experience happened on a -35°C evening to Gerry Perreault and I at the junction of the Yellow and South Porcupine trails. We broke through the ice at the edge of the pond. The water wasn't deep enough to get to the engine, so it was still running, but we couldn't move because the drag held us back. Gerry jumped in the waist deep water, bent down and got completely submerged to unhook the drag and attach a chain to it. I drove Big Red out of the pond, we hooked the chain to the drag, pulled it out and re-attached it on land. Big Red had a temperamental heater which only worked some of the time but when it did work it

heated the cab up like a sauna. Fortunately it was working that night.

Another day, Gerry Perreault and Rick Mahon were out with Big Red and a track broke. The boys, using great ingenuity, put it back on by positioning the machine and using a come-along and a piece of chain to tie the track back together. There was no grooming done for a few days until the track was repaired.

To be continued in the next issue

Schools

By Annie King (Bertha Shaw Public School)

I went skiing with my school and had lots of fun! We went every Tuesday for 3 months. My friend and I skied the Red Trail or the Jr. Olympic. We skied the most kilometres of the students of our school. I skied more than 40km by the end of the season. For our last ski of the season, we held our own Loppet and skied from South Porcupine all the way to Porcupine Ski Runners. This was about an 8km journey. My friend and I were the first to arrive and I was only a metre behind him. When everyone finished the Loppet, we had a bonfire and roasted hotdogs and marshmallows. As well, we had some drinks and donuts. It was so much fun. I am looking forward to next year's club!

By Thea Wucher, Grade 3 (Queen Elizabeth Public School)

Thank you Mme. Wearing, Mme. Lajeunesse and parents for organizing this great activity. I know not many schools participate in cross country skiing. I just tried cross country skiing this year and I like to go out and get some fresh air and exercise. When I do cross country skiing, I like to challenge myself. The most challenging trail that I went on was the yellow. My favourite trail was the Blue/Red. Sometimes when I'm cross country skiing I get blisters so I have to put on band-aids. I really love cross country skiing.

These reports were written by students about their cross country skiing experiences at PSR. The schools program began in the 1985-86 season and has continued since with thousands of students having participated over the years.

Diane and Lorne Luhta are founding members of PSR and they are still active with the club after 50 years

In 1978 an Adult Membership at PSR cost \$15.00, an Adult Day Fee was \$1

PSR's first trails were 10km of trail at Kamiscotia Ski Resort

PSR's first "Ski Swap" was organized in 1978.

PSR began with about 35 members; it's now more than 35² (more than 1225)

Sunshine Village, Banff, Alberta

Carol McKay

Excitement was built up for me on November 5, 1977. I departed with the Canada squad team members from Toronto airport for Calgary. The flight was beautiful and relaxing; we travelled in a '10-11' and listened to headphones or watched a movie on the way. Once we arrived in Calgary, it was hectic for all of us to gather our equipment and catch the bus heading for "Sunshine Village". The ride up was fabulous, seeing the mountains again and snow.

The following morning, bright and early, training began. We followed a daily schedule for the entire camp. Everyone would be up at 6:45am and on their way out for a jog or ski-walk down the road to loosen up. Exercises followed afterwards. Then breakfast was served. Our appetites were immense, you'd think they hadn't fed us for a week. Waxing the skis helped to wear a bit of the breakfast off.

Now we were all prepared for our morning ski. Darrell Frank trained all us girls. In the morning session it was working on and developing techniques such as double-poling, hill work, diagonal, etc. They also used a video, which we watched several times to see our skiing mistakes. Skiing varied for each individual but most of us skied for 2 hours in the morning.

The tracks were not set regularly which was disappointing at times. (I must mention, Lorne you keep our trails in excellent condition compared to Sunshine.) Lunch was served and the meals were very good; we could have as much as we could eat. In the afternoon we weren't coached, it was skiing on our own and at our own pace. There was a nice 8 km track, with many hills and turns, that Angela and I skied often. (Angela Schmidt was the All-Canadian Champ at Burns Lake, last season). After our ski, we had to go for a warm-down which consisted of a jog or ski-walk again.

The weather in Banff was great; the temperatures varied a little, between -1°C and -12°C. At night we worked on our studies from school, went to films and had lectures on several topics. The staff at Sunshine made us all feel very welcomed and kept our quarters in order. And now Paul and I are looking forward to FIS ski trials to be held at Horseshoe Valley, near Barrie, January 14-17, 1978. The team chosen will be travelling to Europe and competing at the International Levels.

Published in 1978 Spring Issue of the Newsletter

The Canadian Ski Marathon – February, 1978

John Shaw

The Canadian Ski Marathon (GSM) trail is a wilderness cross-country trail which begins at Lachute, Quebec, near Montreal, and ends just north of Ottawa-Hull. A little over 160 km (100 miles) in length, it is divided into 10 sections of 15 to 20 km each. Saturday, Feb 18 the skiing was on the first 5 sections between Lachute and Montebello, Sunday the action was between Montebello and Ottawa on the last 5 sections.

Check points along the way mark the end of one section and the beginning of the next. A skier may choose the section(s) he or she wants to ski and travels to and from the check points by Marathon Shuttlebus service. A skier need not do more than one leg of approximately 15 km either day. There were 5,000 applications but entry is restricted to 3,700 participants whose ages range from very small fry (6 years of age) to the rather elderly (77).

People start arriving at the various accommodation sites Friday evening. Approximately 2,600 of the 3,700 marathoners are overnight visitors in the motels and hotels in the Ottawa-Hawkesbury area. Skiing begins Saturday morning between 6:00 and 10:00 depending on the entry class.

There are racing, team, and touring categories for various ages and sexes. The majority of entrants are in the touring classes and distance awards are available. The weather was good this year and anyone interested in cross-country touring and a week-end's fellowship would enjoy the week-end.

I managed to pick up a "Jack-Rabbit Johannsen Silver Medal" for skiing 7 legs (115 km) and got an autograph from the famous 103 year old patriarch of Canadian Cross-Country Skiing himself.

Published in the April, 1978 edition of the Newsletter

John Shaw was a long time member of PSR

The Canadian Ski Marathon continues as an annual event.

<https://randonnee.ca/canadian-ski-marathon/>

The Idea Box

Hans Neuteboom

Many suggestions were received and we are pleased that you have given us a chance to find out about your desires. At the risk of sounding like a broken record, I do have to explain what our club consists of. All our assets are owned by all paid up members. The assets consist of the "chalet", snowmachines, groomers and tracksetters, outhouses, chainsaws, clippers and other equipment.

We do not own any property but have been granted access to the property owned by Pamour mines. The assets were accumulated from three sources: volunteer labour, government grants and membership money. The Ministry of Culture and Recreation, through Wintario, reserves some rights to our assets.

To answer your suggestions, we must keep the above in mind:

1. Access road widening, building of rest hut on the yellow trail and a utility shack for the equipment will be done this summer if we receive a Young Canada Works grant.
2. Cafeteria, pop, water, lunch counter, etc., are all very good ideas. Two problems must be resolved. First, how to get running water and second, who will organize a duty roster of volunteers to staff these facilities.
3. Pay phone and toilets - Both these suggestions are outside our control. Northern Telephone was contacted for a pay phone and after looking at our property, replied that it was not quite feasible. To install toilets we would need water hook up and a permit for a septic tank from the city.
4. Furniture, decorations - If we put too much furniture in our "chalet", there won't be enough room for people. However, if you have some unused furniture we could spruce it up and put it to good use. Cabinets and shelves would come in handy.

One remark summarizes the general feeling aired by many members: "I think that you people who have made these trails are great". We have trails to be proud of and you come here to ski. We want to keep costs down to keep the trails available to you at the lowest possible membership fee. If you feel very strong about your ideas, please come to our annual meeting. Details are elsewhere in this newsletter.

Published in the April, 1979 Newsletter.

For an explanation – the club installed an "Idea Box" in the Wax Shack and invited members to leave written messages with ideas or concerns. The article above gives a fairly good idea of some of the challenges facing PSR directors in the early days of the club. In the years that followed there was progress in implementing the ideas received in that idea box.

1. A Snack bar was organized for the 1980-81 season selling only packaged items.
2. Water for drinking had to be carried in on a daily basis until a 3/4" water line for City water was installed in 1997.
3. A septic system and indoor washrooms were installed in 1998.
4. Ownership of most of the land on which the club operates was achieved in 2002.

Before skate skiing, the trails at PSR were much more narrow than they are now. Skiers were all doing what we now call "classic" skiing and trails didn't need to be very wide; most of our trails were single tracked. With narrow, single track trails, there had to be some understanding of what to do when a faster skier caught up to a person skiing at a slower pace. The accepted procedure was for the approaching skier to yell, "track." The slower skier was supposed to stop and step out of the groomed track as far to the side as possible. This allowed the faster skier to pass with both skis in the groomed track.

With wider trails we now expect the faster skier to step out of the track onto the skate surface and pass without interfering with the skier ahead.

Time Trials

In January, 1977 PSR held its first Time Trial with a challenge to participants to ski a certain distance in a time specified by Canadian Snowsports Association (CSA) in order to achieve Gold, Silver or Bronze award. CSA is the National Ski Association (NSA) member representing Canada in the International Ski Federation (FIS) and Cross-country Ski de Fond Canada (CCC) is a member. CCC is now known as Nordiq Canada but it is still registered by its original name. The challenge times are listed in the chart. Several of these time trials were held each season so any participant could try and try again. This was all classic skiing. Would you like to try the challenge?

Age Group	Distance		Bronze		Silver		Gold	
			Time in Minutes					
	Male	Female	Male	Female	Male	Female	Male	Female
7 to 9	2.5	2.5	30	33	27	30	25	28
10 to 13	2.5	2.5	23	26	20	22	17	19:30
14 to 16	5	5	34	39	26	33	23	30
17 to 34	10	5	65	40	56	35	48	27
35 to 49	10	5	70	45	62	40	56	35
50 & over	10	5	100	55	72	50	64	45

CSA also had standards for **Touring Awards** and some PSR members recorded their distances which they submitted to receive the award. The challenge distances are show in the chart. PSR ran these trials until the 1982-83 season. The Jr Ski League, Jackrabbits, Loppets and the 1000km club replaced these CSA challenges.

Age Group	Bronze	Silver	Gold
	Distance in km		
7 to 9	40	100	150
10 to 13	60	150	250
14 to 16	100	200	400
Female 17 & over	150	300	500
Male 17 & over	200	400	750



Youth Programs

Promoting cross country skiing for young people at Porcupine Ski Runners has historically taken the form of competitions. The Jackrabbit program is an exception to that in that it concentrates on learning to ski but at PSR the Jackrabbit program sort of started as a competitive program.

Diane Luhta started a Junior Olympic program soon after the club was established. That program hosted a series of races for young people and operated for a few years. After it seemed to have stopped, Will Gasteiger organized a Junior Ski League in the 1980-81 season. That program consisted of a series of races that “attempts to promote participation, improvement, and excellence in cross country skiing.” All elementary schools in the area were approached with the proposal to enter teams in the Junior Ski

League. Flora MacDonald Public School, under the leadership of Marie Gannon and Michelle Lauzier, responded with the largest number of participants. These ladies organized a Jackrabbit program at their school.

The national Jackrabbit program was introduced in 1981 and it aimed at introducing children to both the recreational and fitness aspects of cross country skiing and to teach youngsters a variety of skiing skills. Porcupine Ski Runners started its own Jackrabbit program as an initiative of Diane Luhta. The “Jackrabbits” has continued as probably the most significant youth program at PSR in that it involves a large number of participants with as many as 75 participants some years. Since the program is run by volunteers, there is always a challenge to have a sufficient number of leaders who are willing to take the training involved and then commit to weekly time with the young skiers.

Wood Stove Heating

Gerry McNair

Heating with a wood stove was a feature at PSR from the time of the first Wax Shack until the new chalet was built in 2010. Many people like the cozy feel of heat from a wood stove and they probably wish that we still had a wood stove. Heating with wood entailed a considerable amount of work for volunteers. There was always an adequate supply of wood that could be cut as we cleared fallen or dead trees along the network of trails but that was perhaps the easy part of the operation.

Each summer and fall, before skiing starts, there is a lot of work required to prepare for the coming season; grooming equipment maintenance and trail brushing being the two biggest tasks. In the days of heating by burning wood, ensuring that we had an adequate supply of firewood was a third big task. After trees along the trail were cut to firewood size, it had to be transported to home base where it was split and piled to dry.

At first the firewood was left in its plies throughout the winter. This meant that someone had to dig out firewood from the pile, carry it to the wax shack and stack it in a corner so that any snow remaining on the wood could melt before it was fed to the

stove. I think Charlie Vaillancourt was awarded his 'Honorary Membership' partly because of the years he assumed the responsibility of keeping the wax shack stocked with firewood. It was a daily chore and Charlie seemed to spend half of his day at PSR doing many chores and getting in his daily ski. We eventually built a woodshed behind the wax shack and cut a connecting door to the wax shack. I think Charlie appreciated that woodshed more than anyone else because with it, each fall we filled it with wood which could be brought to the stove without going outdoors and without a covering of snow.

The first design of the new chalet did include a wood stove in the lounge and a storage shed for firewood. This would have maintained the charm and warmth that the old wax shack had but there were a number of shortcomings. The stove could provide heat for only the lounge area and a furnace would be required to heat the other rooms and to circulate the air which would have distributed some of the wood stove heat to other parts of the building – but to a limited extent. It took some time but we eventually agreed to exclude the wood stove idea for the lounge. This decision removed the need for a woodshed, simplified the heating system for the entire building and eliminated any concern of potential hazards associated with wood stoves.





Porcupine Ski Runners Cross Country Ski & Snowshoe Club
APPLICATION FOR MEMBERSHIP 2022 – 23

705-360-1444

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, 2022	Name	Gender (M/F/O)	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				\$150	\$65
20 – 59				\$150	\$65
60+				\$125	\$55
60+				\$125	\$55
Locker Rental (Renewal only)				\$65	
Donation to help maintain PSR reserve fund				\$ _____	
Please total the prices you circled			TOTAL TO PAY		\$ _____
<small>HST is included in all fees listed HST #119471639</small>					

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 regular mail? (Newsletters will normally be sent by 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: _____