



# The Inside Track

A newsletter for members of Porcupine Ski Runners

50<sup>th</sup> Anniversary 1973 – 2023

Special Edition – Fifteen years 1994 to 2008

## 50<sup>th</sup> Anniversary Events

1000 km club. We challenge 50 (at least) members to ski 1000km during this season.

Loppet February 25, 2023

50<sup>th</sup> Anniversary Celebration banquet  
at McIntyre ballroom February 25, 2023

Youth Champs Competition March 4 and 5

Literary Challenge – writing invitation

Lootaloppet January 14 & February 18

See Page 9 for more detail



Chalet Complex 1994

## Alone

Katie Smith

Here I am where the evergreens grow.  
There's no one around just me and the snow.  
And as everything settles so silently still,  
I watch the snow crystals dancing at will.

The sun is setting now and all I can hear  
Is the swish of my skis and the creak of the trees.  
And although out here it can chill to the bone,  
I'm warmed by the thoughts that I'm here all alone.

I move swiftly on without worry or care.  
On I move through the cold and still frosty air.  
I'm peaceful out here with no place to go.  
Here I am; all alone where the evergreens grow.

*Published in 1994 Spring Issue of The Inside Track*

## President's Message

Wow 50 years! Exciting and I'm grateful to be a part of it.

We will have our regular activities and also some special events during the season. We are so excited to see everyone out again on the trails soon. This is an amazing year to celebrate the hardworking people that have made the club what it is now. So much history and this will be the year that we pass along the great work that has been done that so many individuals and families get to enjoy. Our trails and chalet facilities are amazing. Please enjoy this special year and watch for more information on Facebook and the website.

## Anniversary Issue #2 December 2022

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

This is the second of three special editions to commemorate the 50<sup>th</sup> anniversary of the club.

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P0N 1G0

Editor: Gerry McNair

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## Membership Report

Neal McNair

Membership fees remain the largest source of revenue for the club, and we thank all PSR members for your continued support. Many of you have already renewed your memberships for this season, and we hope to see the rest of you signing up soon to help us celebrate the club's 50<sup>th</sup> Anniversary.

As you know, the club relies on a huge amount of volunteer work, and it is thanks to those volunteers that we are able to keep membership fees low year after year. This season we have implemented a small increase in adult and senior memberships fees to help offset unavoidable rising costs and to keep the club in a healthy financial situation.

Age on Dec 31 2022	Ski and Snowshoe	Snowshoe Only
0 – 5	\$0	---
6 – 12	\$35.00	\$30.00
13 – 19	\$55.00	\$30.00
20 – 59	\$150.00	\$65.00
60+	\$125.00	\$55.00
Membership fees include the HST as well as \$22 per member for membership and insurance fees paid to Cross Country Canada, Cross Country Ontario and Northern Ontario Division		

### Online Membership Registration and Renewal

We encourage all members to use our online membership portal to renew their memberships for this season. Registering online is fast and it helps ensure that all your information is correct. It also helps the club by reducing the amount of volunteer time spent inputting membership data.

### Offline Memberships

We understand that online registration is not feasible for everyone, so paper membership applications are still available, and you will find one in this newsletter.

### Pay Online or Offline

If you register online, you have the option of paying online or offline. Online payments are done securely via Stripe.com – Porcupine Ski Runners does not collect or store your credit card information. Offline payments can be done in-person at the PSR chalet using cash, cheque, debit or credit card, or by mail using a cheque.

Questions about memberships should be sent by email to

[psrmemberships@gmail.com](mailto:psrmemberships@gmail.com)

### Lockers

Lockers are available for PSR members to rent on a seasonal basis at a cost of \$65.00 per season.

If you had a locker last season, it will be held for you only until December 31<sup>st</sup> 2022, meaning you will have to purchase your membership by Dec 31<sup>st</sup> in order to keep your claim to your locker. However, with the increasing demand for lockers, it is important that we know as soon as possible if you do not wish to renew your locker this season.

The membership portal makes it easy to give up your locker if you do not plan to renew it, and it will be immediately available to rent to other members. Alternatively, you can send an email to [psrmemberships@gmail.com](mailto:psrmemberships@gmail.com) to notify us that you will not be renewing your locker.

# PSR

## History of Porcupine Ski Runners 1993 to 2008

Diane Luhta and Gerry McNair

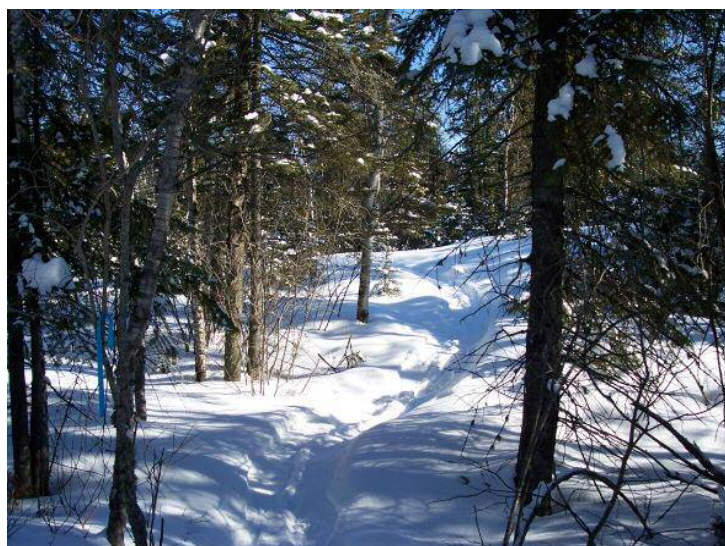
- 1993-94 In the summer '93 Gerry McNair took the lead in remodelling the trailer to provide additional chalet space. Stan Kaczmarek arranged for a bi-monthly Bingo which volunteers ran until 2007; it raised money to offset the cost of activities for children. 38 participants skied a combined total of 2013 km in the first Twelve Hour Challenge.
- 1994-95 A used Bombardier BR400 grooming machine was bought and Royal Oak Mining Company agreed to give the club a long-term arrangement for land tenure.
- 1995-96 In the spring while the ground was still frozen, Lorne Luhta and Gerry Perreault led a project to spread 115 tractor trailer loads of wood chips on additional sections of trail to complete approximately 13 km of wood chip covered trails. A new garage (G95) was built to house the BR400.
- 1997-98 The Board decided and acted on two projects: Install a line for City water; Install a security system. The club celebrated its 25th Anniversary in January 1998 with special events.
- 1998-99 Gerry McNair and helpers installed Indoor washrooms. A second BR400 groomer was purchased. In March 1999, Porcupine Ski Runners hosted the Nordic Skiing competitions of the Ontario Special Olympics.
- 1999-00 Gerry Perreault and Gerry McNair planned and led volunteers in building another garage (G99). In July a micro-burst with high winds hit sections of trails and this caused a lot of work to clear. Poor snow conditions in March caused the Annual Loppet to be cancelled.
- 2000-01 Neal McNair set up the first version of a PSR website. Stan Kaczmarek started the Masters Racing Team and Stan also led the planning and fundraising for a Lighted Trails project.



- 2001-02 Club members were elated when Kinross Gold Corporation donated 143 hectare (355 acres) of land to the club including that on which the chalet is located and most of the "inner core" trails.
- 2002-03 In preparation for hosting Ontario Cup races and

the Canada Winter Games selection races, Lorne Luhta designed a sprint trail within the Green Loop and new trail signs were made. The contractor completed 2.3 km of the Trail Lighting Project.

- 2003-04 The *Light the Trails* campaign, headed by Stan Kaczmarek, raised about \$300,000 to complete the 4 km lighted trail project. Natasha Kullas became the third club member to win overall aggregate champion status as a Juvenile Girl at the Nationals. Rick Cecconi became the new web master.
- 2004-05 Larry Labelle initiated snowshoe trail development and 3 snowshoe trails were opened. Lorne Luhta was awarded Cross Country Canada's Dave Rees Award for outstanding contribution to cross country skiing. Bibiane Mahy won the overall Canadian Junior Girls Champion and the PSR Racing Team was ranked 7th out of 59 teams at the Nationals.



- 2005-06 Planning to build a new chalet, committee members named the project *The Nordic Centre Project*. As part of the fundraising, about 60 volunteers conducted the *Get On Track Auction*. PSR won the NOVA award – as a non-profit organization that exemplifies entrepreneurial spirit.

2006-07 The Board selected a site for the new chalet and hired an Architectural firm.

*To be continued in the next issue*

### 2022-23 Executive

President	Christine Dorion
Vice-President	Rhys Lucs
Secretary	To be decided
Treasurer	Bev Beaven

### 2022-23 Directors

Angela Capporicci  
Alan Heino  
Lorne Luhta  
John Sullivan  
Andrew Wray



## Racing

Cross country ski racing started at Porcupine Ski Runners almost as early as the club was founded. Incorporation of the club was in 1973 and in the 1974-75 season PSR hosted the Northern Ontario Ski Championships at Kamiscotia Ski Resort. PSR has never had a paid coach and a series of volunteers coaches have taken the challenge of coaching the PSR teams. Lorne Luhta was the first volunteer coach and he has continued as an advisor even when others were the official coaches. Many adults as well as young skiers participate as racers. PSR has hosted races ranging from local high school races to Masters National and with as many as 565 competitors, such as the 2017 Ontario Secondary School XC Ski competitions.

Notable achievements of PSR racers:

1. In 1979 PSR racers won the club's first Canadian Championship medals at the Canadian Junior Championships.

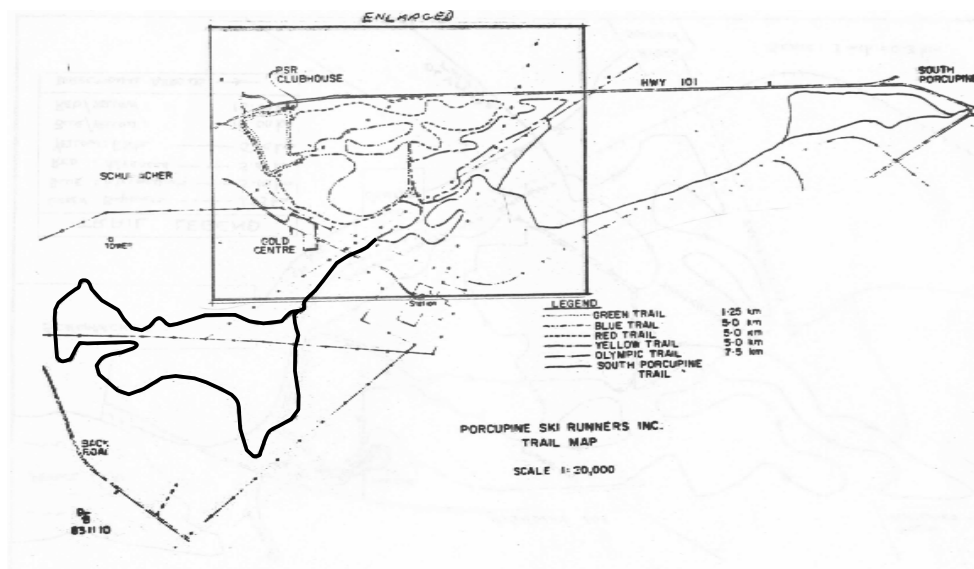
2. Frank Ferrari became the club's first overall age group Canadian Champion winning the Junior Men title in 1983.
3. Former club racer Jamie Kallio competed in Biathlon at the 1988 Calgary Olympics.
4. In 1989 Leanne Luhta became the second club racer to win overall age group championships as a Juvenile Girl at the Canadian Championships and she repeated the feat in 1990.
5. Natasha Kullas became the third club member to win overall aggregate champion status as a Juvenile Girl at the Nationals in 2004
6. Bibiane Mahy won the overall Canadian Junior Girls Champion in 2005.



## Olympic Trail Story

The section of trail known as *Olympic Loop* was first put in use in 1983. At that time this new section of trail added 7.5km of distance and combined with the Jr Olympic trail it gave a 15km trail. It had some challenging hills so the combination of distance and hills made it a good trail for race competitions and for experienced skiers to enjoy.

Lorne Luhta designed the first layout for the trail and student workers, under the leadership of volunteers did the required cutting and clearing of trees. This diagram is an old trail map that shows the original Olympic Loop in relation to the rest of the trail system.



Continued on Page 5

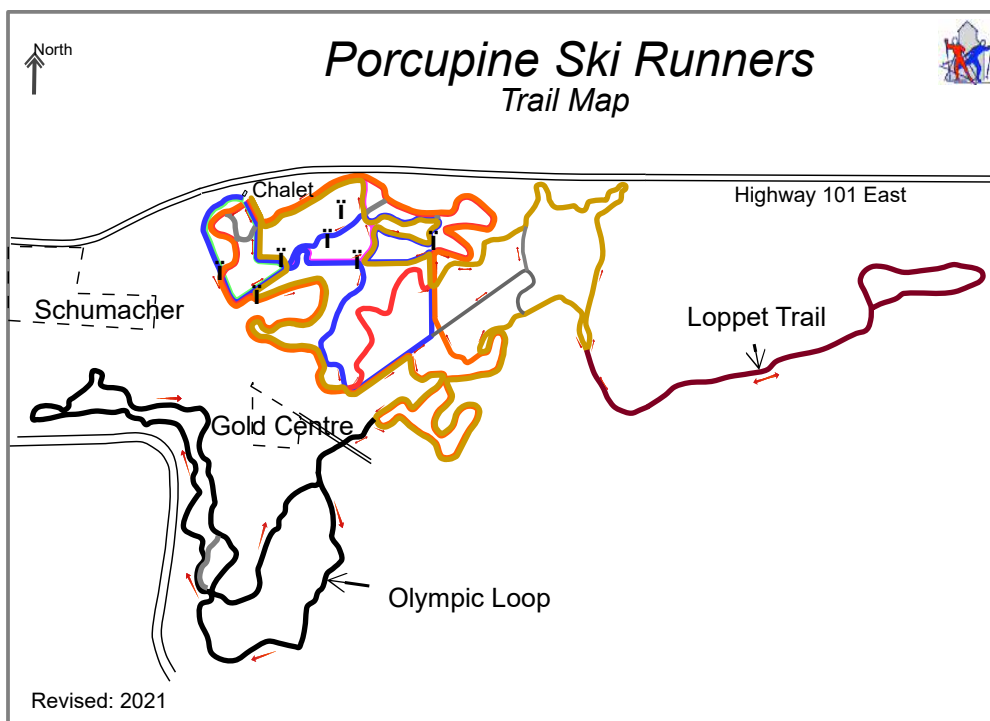
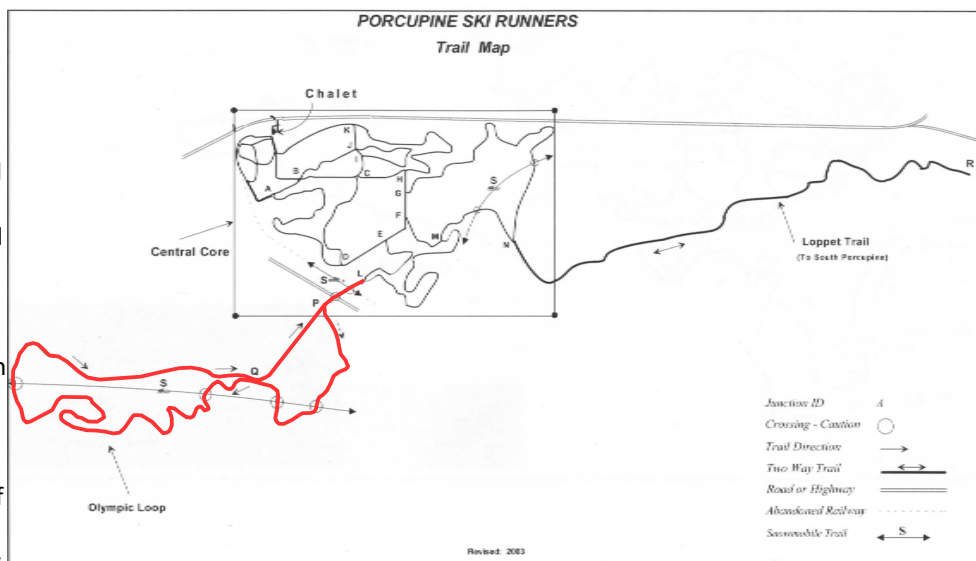
## Olympic Trail Story (Continued from Page 3)

The Olympic Loop is entirely on land that is not owned by Porcupine Ski Runners and that has added to the difficulty of keeping the trail operational. When trails are on land owned by others, an agreement giving permission must be negotiated. The agreement should be formalized in writing and reviewed regularly but that hasn't always happened. Without a review and renewal of any agreement, people may forget that such an agreement exists.

The first challenge to maintaining the Olympic Loop came in the summer of 1995 when the person who owned some of the land decided to clear cut a section. When we learned of the logging operation, Lorne took the initiative to minimize the amount and location of logging but part of the Olympic Loop was lost and a modified trail route had to be cut. The City of Timmins was very helpful in that they were able to exchange some parcels of land with the land owner who was cutting the timber. As a result part of the Olympic Loop is now on City owned land rather than its original owner. This map sketch shows how the trail (in red) was modified in the summer of 1995.

In 2002 Kinross transferred to Porcupine Ski Runners ownership of about 140 hectares (355 acres) of land on which most of the trails were located. But not the Olympic Loop. In the summer of 2010 there was a forest fire that destroyed trees on part of the Olympic Loop and subsequently, the land owner logged that area. Goldcorp also owned some of the land on which the Olympic Loop is located and they were developing plans to build a 'haul road' on its property which would pass through part of the Olympic Loop. The trail had to be rerouted again.

Goldcorp agreed to pay for cutting and levelling a new section of trail to replace the lost section. The resulting trail is still challenging to ski but it is a bit shorter such that the total length of the Olympic trail is now 13.5km. This map shows the layout of all the trails.



## World Cup

Leanne Luhta

Just last month I had closely scrutinized the Olympic cross-country skiing events in Lillehammer. Watching the best skiers in the world at their peak was exciting and I was anticipating viewing the final World Cup races. I wouldn't have to settle for limited television; the competition was to be held in Thunder Bay, Ontario so I was going to see the big guns up close and personal. Surprisingly, a week before the World Cup, I was informed that I would be racing in it. We arrived in Thunder Bay the day before the race and drove straight to the race site. The foreign skiers stood out in their team suits and it was strange to see them at a place that was so familiar to me. They looked like aliens. I changed and waxed my skis in the trailer reserved for Canada.

The Norge trailer was on one side of us and our other neighbour was Italia. The famous skiers weren't around though; they were out on the trails. I got on my skis as fast as I could and headed out on the course with my Dad (who's also my coach). It was a beautiful, sunny morning and I was so enthused that I couldn't make myself ski slow. My eyes were constantly darting around trying to identify the world's best endurance athletes. I glanced behind me on a hill and there was Elena Valbe from the former Soviet Union. I stepped off to the side of the track and let her pass by. My skis were actually faster on the next downhill and I accidentally stepped on her tails. I felt like I had committed a crime.

During my ski, I encountered the rest of the Soviet women's team, one-by-one. I followed Lyubov Egorova in a pick-up. It made me feel good that I could keep up with her for thirteen seconds, even though I was spent after that. Tomorrow, she would keep up that pace for thirteen minutes. I was having so much fun that I continued for another loop around the five kilometre course. I probably skied too hard for a pre-race workout but I couldn't help it; it's not everyday that these women ski on the same trail as you. Since there were so many competitors over a short race distance, I

was able to play spectator after I finished racing (a race usually has individual starts). The women were really impressive with their quick tempos. North America skiing fans were in abundance but it was nothing like a race in Europe where spectators line the course. Because the crowd in Thunder Bay wasn't used to seeing such high-calibre *racing*, they were sometimes too awestruck to cheer.

The men raced fifty kilometres that day and on Sunday, they did a relay. The women did a pursuit-start using results from Saturday. I didn't race on Sunday so I was able to give my full attention to spectating. What an exciting day! In every leg of the men's relay there was a different country leading the race. The women tore up the course; I couldn't believe how fast the Italians, Manuela di Centra and Stephania Belmondo, were going. These people are unbelievably fit!

I had seen most of these skiers race in 1990 when I was in Scandinavia but I didn't really know who they were. This year, I could really appreciate seeing them in action. It was quite a motivating experience because it made me realize that my speed and technique are comparable. The only thing that I need to improve on is my endurance. It is funny that I think of myself out of shape when I am so much fitter than the average North American. It is sad that so many people neglect their bodies. When I compare myself to the World's best skiers and non-athletes, I find myself on a level somewhere in the middle. There is a tremendous gap between top and bottom fitness levels. The potential of the human body is utterly phenomenal and it's great that some people attempt to achieve some of their bodies' potential.

*Published in 1994 Spring Issue of the Newsletter*

## Trail Grooming 1993 to 2008

Lorne Luhta

In the nineties, we purchased a 1984 Bombardier BR400 with a tiller. A few years later we purchased another one to act as a back-up and to cut the grooming time in half. These machines were quite sophisticated with hydraulics, including a hydrostatic drive. As in the past, grooming was done by volunteers and time is precious. We were continually trying to make grooming better, easier and faster. One of the drawbacks is that as the machines got bigger, more complicated and more expensive, we got bigger and more expensive problems with breakdowns, repairs and maintenance. The track setting was done with the Alpine Skidoos and also with one of the BR400's which had hydraulic track setters attached to the tiller.

Over the years, there have been times where breakdowns have occurred on the trail and operators had to walk out and get assistance to tow the machines back. Other times, operators had to cut their way through trees which had fallen across the trail. One year, in the nineties after a major ice storm, it took a big part of the winter to cut through all the fallen trees. Grooming was done at night or started very early in the morning (4 a.m.) so that it doesn't

interfere with skiing. Many dedicated volunteers have donated their time and energy to the cause. Most people are not even aware of who these people are since they groom when the rest of the members aren't there and during the day, they are hidden in the garages servicing the equipment.



Bombardier BR400

*To be continued in the next issue*

There is a long list of volunteers who have taken on the task of administering Porcupine Ski Runners in the 50 years of its operation. Some have served for many years – in fact for 50 years, in the case of the Diane and Lorne Luhta. Others for only a few years but the service of all of them is much appreciated.

The list below are names of some volunteers in key positions. There are many more who have served as directors or in work with no title.

## Club Administrators 1973 to 2023

### Presidents:

#### Year(s) of Seasons' Beginning

- |     |         |                    |
|-----|---------|--------------------|
| 1.  | 1973    | Dr. Raymond Tesluk |
| 2.  | 1974    | Bruce Jeffery      |
| 3.  | 1975    | Don Perry          |
| 4.  | 1976-77 | Lorne Luhta        |
| 5.  | 1978    | Gary Moore         |
| 6.  | 1979    | Hans Neuteboom     |
| 7.  | 1980    | Lorne Luhta        |
| 8.  | 1981    | Frank Wilson       |
| 9.  | 1982-83 | Gerry McNair       |
| 10. | 1984    | Ray Ginglo         |
| 11. | 1985-86 | Diane Luhta        |
| 12. | 1987-88 | Kenn Lessard       |
| 13. | 1989-90 | Gerry Perreault    |
| 14. | 1991-92 | Doug Barrett       |
| 15. | 1993-95 | Stan Kaczmarek     |
| 16. | 1996-97 | Bob Taylor         |
| 17. | 1998    | Keith Morin        |
| 18. | 1999    | Dave Morrisette    |
| 19. | 2000-02 | John Londry        |
| 20. | 2003-04 | Dave Mader         |
| 21. | 2005-06 | Denis Brûlé        |
| 22. | 2007-08 | Lorne Luhta        |
| 23. | 2009-10 | Greg Deyne         |
| 24. | 2011    | Mary Ann Church    |
| 25. | 2012-14 | Mike Kornell       |
| 26. | 2015-16 | Neal McNair        |
| 27. | 2017-18 | Denis Charette     |
| 28. | 2019-22 | Christine Dorion   |

### Newsletter Editors:

#### Year(s) of Seasons' Beginning

- |     |         |                                  |
|-----|---------|----------------------------------|
| 1.  | 1976-77 | Josh Leach                       |
| 2.  | 1978-80 | Gary Moore ?                     |
| 3.  | 1981    | Ray Ginglo                       |
| 4.  | 1982    | René Sauvé                       |
| 5.  | 1983-84 | Ray Ginglo                       |
| 6.  | 1985    | Don Murphy                       |
| 7.  | 1986-93 | Kenn Lessard                     |
| 8.  | 1994-06 | Gerry McNair                     |
| 9.  | 2007-08 | Grant Tuunncliffe                |
| 10. | 2009    | Grant Tuunncliffe & Gerry McNair |
| 11. | 2010-11 | Vicky Butterworth                |
| 12. | 2012-18 | Jennifer Bonsall                 |
| 13. | 2019-21 | Kim Dorion                       |
| 14. | 2022    | Gerry McNair                     |

### Secretaries:

#### Year(s) of Seasons' Beginning

- |     |         |                                     |
|-----|---------|-------------------------------------|
| 1.  | 1973-74 | Diane Luhta                         |
| 2.  | 1975    | James Deem                          |
| 3.  | 1976-77 | Jackie Quesnel                      |
| 4.  | 1978    | Ron Bell                            |
| 5.  | 1979    | Olga Matwijkenko                    |
| 6.  | 1980    | Will Gasteiger                      |
| 7.  | 1981    | Nick Resetar                        |
| 8.  | 1982    | Frank Wilson                        |
| 9.  | 1983    | Janet Findlay                       |
| 10. | 1984-85 | Fred Duclos                         |
| 11. | 1986-89 | Don Thompson                        |
| 12. | 1990    | Sheila Sloan                        |
| 13. | 1991-92 | Stan Kaczmarek                      |
| 14. | 1993-94 | Marie Fournier                      |
| 15. | 1995-98 | Lorne Luhta                         |
| 16. | 1999-01 | Mary Londry                         |
| 17. | 2002-09 | Roy Baumgart                        |
| 18. | 2010    | Lee Ann Wearing                     |
| 19. | 2011-13 | Paula Paquette                      |
| 20. | 2014    | Karl Lahio                          |
| 21. | 2015    | Karl Lahio & Thérèse Rondeau-McNair |
| 22. | 2016-19 | Rhys Lucas                          |
| 23. | 2020    | Christine Adamson                   |
| 24. | 2021-22 | Samatha Genier                      |

### Treasurers:

#### Year(s) of Seasons' Beginning

- |     |         |                  |
|-----|---------|------------------|
| 1.  | 1973    | Eva Levesque     |
| 2.  | 1974    | Marion Pajala    |
| 3.  | 1975    | James Deem       |
| 4.  | 1976-77 | Jackie Quesnel   |
| 5.  | 1978    | Ron Bell         |
| 6.  | 1979    | Olga Matwijkenko |
| 7.  | 1980    | Will Gasteiger   |
| 8.  | 1981    | Nick Resetar     |
| 9.  | 1982-85 | Fred Duclos      |
| 10. | 1986    | Mary Londry      |
| 11. | 1987-88 | Bev Londry       |
| 12. | 1989    | Don Thompson     |
| 13. | 1990-95 | Bob Taylor       |
| 14. | 1996-98 | John Londry      |
| 15. | 1999-00 | Roger Dahn       |
| 16. | 2001-10 | John Hardy       |
| 17. | 2011-22 | Bev Beaven       |



## Memories of The Spring Series

Robbie Martin 1998

"Waxing skis is so easy", everyone says. There are only 5000 different types of waxes, not to mention varsol, scrapers and such. If you think knowing all these names is hard, I have not a clue on how to use them! In Onaping Falls we began this lethal procession of waxing.

Waxing began near Lorne's truck about 20 minutes before the race. First of all Lorne had to "test the grip wax" which took about 10 minutes. This had me worried. I had to start in 10 minutes and I had not even put on my racing suit, let alone waxed my skis. Finally Lorne got back and said, "Okay, we're ready." So I gave him my skis and I happened to ask, "What grip wax are you using?" He replied with some weird name I had just learned (and now forget) and he also mentioned some formula called *Black Magic*. I was flabbergasted. I thought I had learned all of the waxes, then like bird droppings out of the sky came, "Black Magic." And so I was confused. I asked Lorne if he knew what he was doing and he quickly replied, "Not really. I'm just guessing." Well – I can tell you this, if my coach is feeling confused, God only knows what I, someone who can not even understand wax, is feeling. I must admit God was with me that day. The wax was great.

By the time the North Bay race came along I thought my troubles were gone; how wrong I was. I was feeling great. My

friends from New Liskeard and Pembroke and I were getting psyched up for the race. It would be a gruesome and long race or loppet. I was feeling grand because I had no need to worry about wax for this skating race because we had waxed our skis at home before we left. We had used some sort of *travel wax* (kinda like Black magic.) And guess what? You are not supposed to scrape it off, so I got a little break. I take out my skis, join up with Dave and start out. Man I could have sworn I had grip wax on, my ski were so slow. I got Dave to try them and he could not believe it. "Here we go again", I thought. I asked Lorne and Diane what was going on. Diane scratched the base with her fingernail and thick white wax was produced. "Well for God's sake, Rob, you didn't scrape 'em", Lorne retorted. "But you said not to scrape them", I replied. "Not until we got here", Lorne shot back. "Now you tell me", I replied.

I swear to God I could have killed Ryan and Lorne. Geeez!...**travel wax! Black Magic!** What next??!?

Well I guess I just got lucky and I had no difficulty in New Liskeard and until next Spring Series, I guess I'll just die of boredom.

*With fame comes media attention. Robb Martin won a gold medal at the Canadian National Junior Championship this year (2008) so we have reprinted an article he wrote for the Spring Edition of the Newsletter in 1998. At that time Robb was 11 years old and just getting started on the cross country ski racing circuit.*

*Published in 2008 Spring Issue of The Inside Track*

## Computer Assistance

The introduction of personal computers (PCs) to the general public in the early 1980s did not go unnoticed by volunteers responsible for administration of PSR. The first use of a computer occurred before the PC was available when Hans Neuteboom used a company computer to track the membership data. When Hans left, Willie Gasteiger took over and, I believe, he also used a company computer.

Computer courses were taught in local high schools since the late 1960s but without any in-house computer. They used a very awkward arrangement with Northern College whereby students wrote programs with punch cards that were carried to the College for processing. Soon after high schools bought their first PCs in the early 1980s, Gerry McNair asked the directors of PSR if he could take over the membership file so that he could get some real life experience using a computer in order to help him develop

high school computer courses.

Gerry also wrote a computer program to process the results of cross country ski races. By today's standards it was amateur using a PC with only 32 kilobytes of RAM (random access memory). It actually worked quite well and PSR was one of the first clubs, in Northern Ontario, to have computer processed race results and we used our own program for about 10 years. As races became more varied in type, such as pursuit races, it became necessary to use commercial software.

The first newsletter produced with a computer was in the Fall Issue, 1994.

Most cross country ski clubs in Canada now use Zone4 system to process membership data but this system does not allow the data to be transferred back to the ski club. PSR does not use Zone4 and Neal McNair has developed an online registration system. The membership data still has to be transferred to Nordiq Canada but we have control of our own data.





### 50 for 50 Challenge

The challenge is to have at least 50 skiers achieve the goal of skiing at least 1000 km this season.

The 1000 km club has been active since the 1983-84 season. The number of skiers who record a distance of at least 1000 km varies from year to year. Weather conditions and the length of time we have enough snow for skiing and other things all have an influence on how many are able to achieve the 1000 km mark. Are there 50 skiers who can hit the 1000 mark for our 50<sup>th</sup> anniversary?

If you want to try the challenge, write your name on the big chart that hangs in the corridor just outside the Rental room. There are spaces to record your skiing distance on a daily and weekly basis. You need the final count to be at least 1000 km.

### Let's Celebrate

To celebrate our 50<sup>th</sup> anniversary, we are planning a 50<sup>th</sup> anniversary loppet and dinner on February 25th, 2023.

It was 1973 when a small group of people interested in cross country skiing met to discuss forming a club. During the past 50 years that idea has led to what is today a thriving, volunteer led facility called Porcupine Ski Runners. A lot has changed for the club in that time, including an increase in number members and the development of world class ski trails and chalet facilities.

The loppet and dinner is to celebrate our accomplishments. Loppets are non-competitive fun skiing events

open to all ages and skiing abilities. It is a chance to get together in the outdoors and get some exercise. We encourage anyone who has never experienced a loppet to consider joining us this winter. The dinner will be held in the McIntyre Arena ballroom. These two events are open to all members and non-members alike, as well as PSR alumni and friends. We hope to see you there.

Details for registering for the loppet and/or the dinner will be announced on the PSR website and Facebook page shortly.

Save the date.

### Literary Challenge

Do you have a story you'd like to share with members of PSR? Or maybe a poem? If so, we'd like you to share it with us.

What we're looking for is a personal account of some experience you've had at Porcupine Ski Runners or maybe just skiing or snowshoeing anywhere. Perhaps you'd like to tell us about how cross country skiing or snowshoeing has been a positive influence in your life. It could be a funny story or something serious. If you'd prefer to tell your story or express your feelings on this topic in a poem, that too would be most welcome.

The three editions of *The Inside Track* in this 50<sup>th</sup> anniversary year is featuring a number of stories and one poem that have been published in various editions of the newsletter over the past 50 years. For those of you who would like to join our group of writers you may email stories or poems directly to this year's editor of *The Inside Track*, address: [skirunnersnewsletter@gmail.com](mailto:skirunnersnewsletter@gmail.com) We'll read all of them and try to publish them in later editions of our newsletter.

### Lootaloppet

This is a fun skiing event that anyone can participate in. Here's how it works:

1. You decide that you want to participate, so you come to the club to register.
2. There's no cost but please bring a small item for the prize table. This can be an item from your home to recycle because you no longer need it.
3. There's no limit for age or ability to ski.
4. At registration you will give your name and you decide a trail (or maybe just a distance on a combination of trails) that you want to ski.
5. Then you predict the time it will take you to complete your ski.
6. You will get a number (bib) to wear and get ready to ski. You may not carry any watch or other device that can give you the time.
7. We will record the time that you start your ski and we'll

record the time that you complete your ski.

8. The person with the skiing time closest to their predicted time is the winner.
9. Everyone gets to choose a prize from the prize table of contributed items.

#### Example:

Name:	Pat Doe
Bib #:	124
Trail or distance:	Blue Trail
Predicted Time:	34 minutes
Start time:	10:23:00
Finish time:	10:54:29
Skiing Time:	31:29
Difference:	2:31

#### Lootaloppet Dates:

#1 January 14

#2 February 18

Time to be decided. More information will posted on Facebook.





**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

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	\$ _____	
HST is included in all fees listed HST #119471639					

Please check the following information	Yes	No	Enclose Cheque or Money Order made payable to: Porcupine Ski Runners  Mail to: Porcupine Ski Runners – Membership Box 250 Schumacher, ON P0N 1G0
I am requesting a locker to rent. (Do not pay now – you will be contacted)	<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"/>	
Newsletters and other communication to members will be sent by email except to members for whom we do not have a valid email address.			

**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: \_\_\_\_\_