



# The Inside Track

A newsletter for members of Porcupine Ski Runners

## Thank you for a great 2023-24 season!

### President's Message

Christine Dorion

What a funny season we had – lack of snow but we still managed to get some skiing and snowshoeing in. We were one of the lucky ones this winter as we had more snow compared to many of the clubs. Some people who were looking for snow came to Timmins to ski. Thank you to the members and day users for your continued support.

I would also like to personally thank all of the volunteers at the club—the people who help with events, finances, newsletter, administration work, grooming, youth programs and other necessary chores. All of the club's operations are mostly done by these amazing people, and they make this club possible. We will again have the AGM in September and will repeat the volunteers/members appreciation barbeque.

Hope to see you there.

### Annual General Meeting Announcement

The Annual General Meeting will be held September 10, 2024 at 6:30pm in the Lounge of the chalet. Members will receive notice of the AGM prior to the meeting date. The board of directors (new and returning) will be elected as we prepare for a new ski season.

Prior to the meeting, starting at 5:00pm, a barbeque will be held which is open to all members – and there is no charge.



### Summer Chalet Hours ☀

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

For assistance call:

*Ray Denis (Primary contact)*  
705-288-2253

*Gerry McNair (Alternate Contact)*  
705-264-9093  
Cell: 705-266-4213

*Alan Heino (Alternate Contact)*  
705-264-9107  
Cell: 249-361-6318

*Robert White (Alternate Contact)*  
705-268-0935  
Cell: 705-465-1554

### Spring Issue May 2024

The Inside Track is distributed to 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.

Box 250  
Schumacher, ON  
P0N 1G0

Editors:  
Gerry McNair  
Maria St. Aubin

### In This Issue

1. President's Message
1. Summer Chalet Hours
1. AGM Announcemanet
2. Personnel
2. Membership
3. Schools and Groups Report
3. Finance Report
4. Facilities
5. Trails & Equipment
6. 1000km Club
6. Events Intro
7. Events
8. Events
9. Race Team
10. Race Team
11. Biathlon Bears

## Personnel

Alan Heino

For the 2023-2024 Season, Brent Cleverdon, our Chalet Coordinator, was responsible for managing the rental room, waxing rental room skis and waxing skis from members and guests as well as performing janitorial duties in the chalet. Our four student employees: Bryson Lanzellotti, Keenan Cleverdon, Emma Carriere and Isabelle Cleverdon provided assistance with these duties after school and on weekends.

Bryson provided team leadership to all of our student staff and managed the rental room, every other weekend, when Brent was off. In addition, the students cooperated well in taking turns working as gatekeepers.

Collectively, the staff worked well in providing rental room services for individual and family equipment rentals and for school and group rental activities held

during this season.

One of our students: Keenan Cleverdon also contributed volunteer hours to PSR, as part of his coop program placement with Timmins High and Vocational School, for approximately 30 hours per week during the months of February and March.

Thanks to Christine Dorion for providing assistance with recruiting our newest student, Emma. Thanks to Brent, Christine, and Gerry McNair for providing orientation training to Emma especially in regards to rental room duties. And thanks to our Treasurer, Beverly Beaven, for processing the bi-weekly payroll submissions for our staff in a prompt and accurate manner.

## Membership

Neal McNair

We had a total of 824 members this season. That is a great number given the lack of snow we had, and it is a testament to the outstanding job our groomers do preparing the trails in difficult conditions.

Congratulations and thank you to the Board of Directors, the volunteers, the staff, and all PSR members for your efforts in maintaining and promoting the club in our community

The table on the right gives a detailed breakdown of our membership demographics.

Membership Details	
Total Members:	<b>824</b>
Ski Memberships:	768 (93%)
Snowshoe Memberships:	56 (7%)
Adult Ski	427 (52%)
Senior Ski	171 (21%)
Teen Ski	67 (8%)
Youth Ski	76 (9%)
Child Ski/Lifetime Member	27 (3%)
Adult Snowshoe	30 (4%)
Senior Snowshoe	24 (3%)
Teen Snowshoe	1 (0%)
Youth Snowshoe	1 (0%)
Total Female Members	486 (59%)
Total Male Members	338 (41%)

## Schools and Groups Report

Neal McNair

The schools programs at PSR allows school group to bring students for skiing and/or snowshoeing outings at reduced rates, and our local schools continued to make good use of our ski and snowshoe trails this season. The program provides great exposure for the club to potential new members, and is yet another way we meet our vision statement of promoting healthy outdoor lifestyles.

It is great to see so many local school kids getting outside and enjoying our northern winters. Thank you to all the educators and parent volunteers who lead these groups every season.

### Participation and Revenue Summary:

- Total of 12 different schools and 4 different groups
- Total unique participants (estimate): 750
- Total estimated revenue (Registration fees, trail fees and rental fees): **\$11,565.00**

## Finance Report

Bev Beaven – Treasurer

We have the best members. Due to your generous donations over the years, we were able to purchase a new groomer—a 2023/2024 PB100 Nordic at a cost of \$475,800. We used a combination of donations, a loan and a grant we received in the amount of \$135,000. We were also able to sell our old 1988 Bombardier BR400 for \$15,000.

For this report our financial results will be from June 1, 2023 to February 29, 2024. The year-end financial situation cannot be determined until after all the numbers for the year are available. Our fiscal year ends May 31, 2024.

Our total revenue was \$164,700 during this time frame. This revenue was derived from various sources such as memberships fees, Jackrabbit registrations, schools and

groups activities, equipment rentals and day fees. This year, \$4,300 was graciously donated by members and \$25,800 came from various sources such as selling our old ski equipment and our older groomer.

Total expenses were \$110,400 with payroll being just shy of \$20,000. Larger amounts spent were on insurances - \$25,000; trails and equipment maintenance - \$25,000 and the rest to maintain the buildings, utilities, property taxes, and office supplies.

So far, our net income for this period is just over \$54,000. For the remainder of the year expenses will be mostly bills to pay as our revenue sources become less until next November.

Have a great summer.

## Facilities

Alan Heino

In our thirteenth season in our new chalet, we continued to manage our facilities well. We benefited from a good membership base and demand for equipment rentals during the ski season despite the late start to the season, relatively low amounts of snowfall, and an unusually mild winter for the most part. We also received good demand for ski waxing service from our members and guests during the season; these were fulfilled by Brent with assistance from Bryson and the rest of the students.

We replaced the aging fleet of ski equipment in the rental room at the beginning of the season and received very positive feedback from our customers. Despite submitting a very thorough federal grant application to the New Horizons for Seniors Program to request help with funding this purchase, we were not successful in obtaining this grant. However, we are thankful for obtaining a corporate donation from Newmont Canada with their very generous donation of \$30,000 towards the project. We sold the majority of the old equipment through the ski swap and subsequently in the rental room.

For our day-to-day operations, the rental room was open for business on Saturday January 6, 2024 with weekend hours: 10am to 6pm and weekday hours: 12pm to 6pm. The ski/snowshoe equipment rentals from groups, families and individuals built up momentum once all the numerous school groups programs started up and with the increased snowfall during January. With having more newcomers to our trails, we resumed distributing a trail marker document to any customer that was unfamiliar with our trail system. This allowed them to better interpret the trail junction signs.

We held our rental room promotions (30% discount on rentals and day fees) for two occasions during the sea-

son: the first was held for the Family Day Weekend and the second was held for the March break. Hopefully, many of this year's rental equipment users will consider purchasing memberships next year. After a good ski season, we closed the rental room effective March 28th.

Brent and our students continued to provide waxing services and wax sales to members and guests in the rental room during the season. The waxing services and wax sales have become increasingly popular during the past few seasons.

During the off-season, the Porcupine Ski Runners lounge will be available to rent from interested parties. To date, we currently have 12 chalet rentals booked between April 27 and June 1. We are anticipating many more during the off season.

*If you know of any organization that wants to rent our chalet, please refer them to the following link on the PSR website for more information on lounge rentals and to access the Rental Request Form:*

[Porcupine Ski Runners - Facilities Rental](#)

I would like to take this opportunity to thank the other valued members of our Facilities committee: Gerry McNair, Ray Denis and Robert White. And I thank all of our staff for all their contributions in managing the facilities in a first class manner.



## Trails and Equipment

Lorne Luhta

This winter we experienced the least amount of snow of any winter that I can remember. Our ski season started late and ended relatively early. Mild spells during the year also had a negative effect on skiing. Fortunately all of the work we have done on the trails over the years, which included smoothing trail surfaces and providing drainage for the terrain, enabled us to somewhat mitigate the effects of the weather. Also the experience and dedication of our two groomers Ray Denis and Rob White and assistant Denis Brûlé was really needed and appreciated. We are also fortunate to own some of the best grooming equipment that exists anywhere.

What most of us older skiers missed this season was the limited time we had skiing the Loppet (South Porcupine) trail. Because this trail goes over a beaver pond and a swamp we had use of it only briefly due to the limited amount of snow and mild weather.

In December our club purchased a brand new Piston Bully PB100. The money for this machine came from our reserve fund, a provincial government grant and money from the sale of our 1988 Bombardier BR400. We kept our 2006 Piston Bully PB200. This season, because of the small amount of snow, we only put

about 60 hours on our new machine but were extremely pleased with its performance. Most of the grooming was done with our Alpina Sherpa towing the ginzu groomer that was purchased 7 years ago.

This summer, depending on our financial position and the weather, we may do a small amount of work with an excavator on our trails. And, as usual, we will be brush cutting again this fall and will be looking for volunteers.



**Follow Porcupine Ski Runners on Facebook and Instagram (@porcupineskirunners) to stay up to date on all club happenings!**



## 1000 km Club

John Sullivan

Despite having quite erratic weather this past season, with a late start, early end, and a mid-winter melt, 14 members were able to ski over 1000 km. This is only 2 fewer than last year. Quite an accomplishment for sure. This year's leader is Greg Deyne with an impressive 2024 kilometres. Most of the names on the leader board are regular high mileage (kilometrage?) skiers. Well done everyone!

Jane Schultz is proud to tell us that she again managed to ski more than 1000 km thereby achieving the envious goal of skiing at least 1000 km for 25 consecutive years. This makes her the third person of our club to achieve that goal. The other two being Raimo Peltoniemi and Gerry McNair.

Some members were still skiing at the time of writing so actual distances for some skiers may be a bit higher.

Here are the results from the distance board as of April 6th.

Please excuse any errors or omissions.

1000 kilometres	Almost There
Greg Deyne 2024	Ray Denis 927
Ned Bosnick 1440+	Alan Heino 750
Steve Osawa 1419	Andrew Wray 702
Claude Castilloux 1411	Denis Laurin 652 (Personal Best)
Claude J.Gagnon 1291+	Julianne Wray 644
Jillian Daguerre 1179	Dave Schultz 616
Rapheal Delli Quadri 1125	Marissa Pladzyk 610
Stan Vasiliauskas 1100+	Jan Deyne 600
LouAnn Visconti 1056+	Brenda Vodusek 500+
Jane Schultz 1050+	Andrew Kitaj 561+
Peter Davis 1022	Leah Fedat 550
Kevin Montgomery 1007	Norm Disley 529
Erik Luhta 1001	Muriel Wray 507
	Dave Mullen 506
	Anna Wray 501

## Events

Christine Dorion

We had many events this season. Some of which included the Loota Loppet, Snowday, two breakfasts at the club, weekly ladies nights, weekly snowshoe evenings, rookies vs vets relay race and the annual Loppet/Snowshoe Poker Run.

You'll find a rundown of some of these events on pages 7 and 8.



Loppet 2024

## Rookies vs Vets

Christine Dorion

This is a yearly friendly relay race done at the end of the season in which adults and youth battle it out for the title of winner.

We had 11 rookies and 11 vets join the fun with the Vets winning this season. We enjoyed some chili and hotdogs afterwards.



## Loppet/Snowshoe Poker Run

Christine Dorion

We had a total of 92 Participants this year which was very good considering the weather wasn't the best and snow conditions for making excellent trails had been somewhat challenging. We had 22 participants from Quebec, 9 from other cities and 61 from the Timmins area.

It was raining the evening prior to Loppet day and then we got hit with a snowstorm during the race, but we still managed to make a fun event of it. We gave out many medals and everyone left with a prize and great memories.

A big thank you to the Timmins Economic Development Corporation (TDEC) for their generous donation of \$3000 towards the costs of the event.

Also a big thanks to all the volunteers who helped out during the event; you are much appreciated and we value the time you contribute to make this annual event happen.



## Snow Day

Christine Dorion

We had a terrific new event this year; it was such a great experience and fun. The idea came from a contest that Nordiq Canada held whereby clubs could win a prize pack which included V-boards, dual slalom course flags, a set of race bibs, buffs and toques. All of this being contributed by Nordiq Canada.

Porcupine Ski Runners participated in the contest and during the event over 70 adults and children enjoyed Snow Day at the play park. We had many new people join us to try out cross country skiing for the day. We have also recruited new members and youth because of this event.



We held a brief introduction to cross country skiing technique and then guided participants to the playground to enjoy a fire with marshmallows, hot chocolate and juice. At the playground the attendees played in the hoops, bicycle tracks, slalom, crazy carpets and snow painting. Great fun at Porcupine Ski Runners that day.

Big thanks to Rhys Lucas and Dave Vodusek for setting up the playground, Kim and Terry Draper for making the fire and handing those marshmallows out, Ben Daguerre for taking some photos, Carole Larch, Jacynth Bordeleau and Katelyn Lanzellotti for working in the kitchen, Interfor for donating wood and Johanne Shand for getting all the paint bottles for the kiddos.

Also thanks to the participants. Having events is only part of it; participants make the event great.

## Jackrabbits

Christine Dorion

Jackrabbits was back in action this year. We were a smaller group than usual but we had lots of fun skiing together and falling in love with the sport. We are currently short of coaches but we did have a few new coaches this year which is awesome; without them we couldn't run this program.

I would like to thank all the volunteers: Dan Girard, Anabelle Gagné, Kim Draper, Paul Collins, Chad Palik, Brielle Charette, Kendra Short and Avery Cremin. Also Katelyn Lanzellotti and Adison Dubeau for serving the snacks and hot chocolate after each session.

If anyone would like to help out with this program, we offer courses which are done online. Please reach out at [psriackrabbit@gmail.com](mailto:psriackrabbit@gmail.com).





## PSR Race Team

Andrew Wray

Flexible, in a word, summarizes the 2023-2024 PSR Race Team season. First and foremost, the team had to bend to the will of the weather, causing at times unique skiing conditions—or none at all. Which meant, the team had to pivot to alternative training methods, even well into the ski season. And when the team was able to ski, the team needed to reach deep into its wax kits to find the right combination, by testing and re-testing race waxes. However, through it all, the team forged ahead together, making it a season to remember.

Members of the 2023-24 PSR race team competed in all the officially hosted Ontario Cup Series' races, including Ontario Youth Championships (OYC) and Ontario Winter Games (OWG), as well as many of the Northern Ontario District's (NOD) race series races. In all competitions, team members set personal bests, represented PSR well, and came home with hardware. Team members included: Reuben Stringer Jenner (U10), Joseph Girard (U10), Anna Wray (U12), Muriel Wray (U12), Elisabeth Girard (U12), Averey Legault (U12), Julianna Howard (U12), Chantal Kukulka (U16), Nicole Kukulka (U16), Emma Deschatelets (U16), Jillian Daguerra (U16), and Marissa Pladzyk (U18).

The season began perilously in late November with no snow for skiing. So, the team adapted and took the opportunity to build muscular and core strength through semi-weekly training sessions in the chalet: stretching, flexing, stabilizing, and conditioning. All the while, gelling and building team cohesiveness by core challenges and dance offs! As December began—we were still yet to log any great amount of kilometres on skis—two brave team members ventured outside Ontario to find skiing-like conditions. Emma Deschatelets made her way to Gatineau, Quebec for OCup#1 at Nakkertok Nordic (where they are lucky enough to make their own snow!). She competed well against stiff competition from not only Ontario and Quebec, but also from the eastern provinces. With hundreds of skiers competing in the weekend event, she placed 60<sup>th</sup> in the 1km freestyle sprint and 52<sup>nd</sup> in the 2.3km freestyle interval distance. A week earlier, Chantal Kukulka traveled to Canmore, Alberta to compete in the Youth Olympic Games hosted by Canmore Nordic on their beautiful, professional trails.

January was a slow month for skiing as the weather and conditions made it difficult at times to hit the trails. So, again, the team pivoted to strength, core, and flexibility training in



the chalet for a number of training sessions. North Bay Nordic had to cancel their OCup event due to virtually no snow. The Kukulkas made a trip to Mont Ste. Anne to compete in a Quebec Cup fairing well on difficult terrain.

In late January, three PSR skiers attended OCup #3 at Lakefield College in Lakefield, Ontario. The team crossed their fingers, hoping the event would be hosted, as once again, the weather did not cooperate. A flurry of snow late Friday evening meant the race was on. Nonetheless, all skiers strapped on their skis on Saturday and attacked the undulating and winding terrain in the 800m freestyle sprint. Tackling the hills and leaning into the corners, the girls completed each course, finishing: Nicole 4<sup>th</sup>, Chantal 5<sup>th</sup>, and Jill 16<sup>th</sup>. Later, on Saturday, all three girls competed in the U16/U18 team sprints, skating three 800m laps, alternating lap-for-lap, skiing a total of 2.4km each. The results were as follows: Chantal and Nicole 21<sup>st</sup> and Jill and a friend from Walden Nordic 28<sup>th</sup>. Sunday, against stiff competition, the PSR skiers skied classic technique over a 7.5km distance. Chantal finished 7<sup>th</sup>, Jillian 13<sup>th</sup>, and Nicole 14<sup>th</sup>. Another weekend of fine results for PSR athletes.

In February, the same three skiers fortunately qualified for Ontario Winter Games for the second year in a row—Covid postponements meant that the games were held back-to-back not 2 years apart as usual—this time in Thunder Bay, representing almost half of the NOD's allotted female athletes. This 4-day event included sprints and distance races in both techniques with skiers from all over Ontario. They again competed hard in less-than-ideal weather conditions, making trails difficult to traverse.

## PSR Race Team (Cont'd)

Andrew Wray

It was a great opportunity for athletes to meet with other NOD skiers, build friendships, learn new training techniques, and connect with coaches from around the province.

One notable event which many PSR team members attended was OCup #5 hosted by Walden Nordic in Sudbury, Ontario near the end of February. Again, the team waited patiently, performing their best ski dances in hopes that there would be snow. The snow dances worked! Just two days before the event enough snow fell to groom a track and skating surface. On Saturday, on lightning quick tracks, the team competed in a prologue-style classic event. The results were as follows: in the U10 boys' category (1 km), Joseph Girard earned a 3<sup>rd</sup> place finish with Reuben Stringer Jenner right behind him in 4<sup>th</sup>; in the U12 girls' category (1.5 km), Elisabeth Girard 6<sup>th</sup>, Muriel Wray 8<sup>th</sup>, Anna Wray 9<sup>th</sup>, Avere Legault 12<sup>th</sup>, and Julianna Howard 14<sup>th</sup>; in the U16 female category (3.3 km), Chantal Kukulka 7<sup>th</sup>, Nicole Kukulka 8<sup>th</sup>, and Jillian Daguerre 13<sup>th</sup>; in the U18 female category (5 km), Marissa Pladzyk 17<sup>th</sup>.

The event continued on Sunday with mass starts in some categories based on the results from Saturday: U10 and U12, and interval pursuit starts in the others: U16 and U18, meaning racers chased the skiers ahead of them, some just seconds after the other. The results were as follows: in the U10 boys' category (2 km), Reuben Stringer Jenner 2<sup>nd</sup> and Joseph Girard 5<sup>th</sup>; in the U12 girls' category (3 km), Elisabeth Girard 5<sup>th</sup>, Muriel Wray 7<sup>th</sup>, Anna Wray 9<sup>th</sup>, Avere Legault 12<sup>th</sup>, and Julianna Howard 14<sup>th</sup>; in the U16 female category (5 km), Chantal Kukulka 3<sup>rd</sup>, Nicole Kukulka 8<sup>th</sup>, and Jillian Daguerre 16<sup>th</sup>; in the U18 female category (10 km), Marissa Pladzyk 13<sup>th</sup>.

Uniquely, for Ontario Cup races, the convenors created a pursuit medal category as well, calculating each skiers' times for the 2 events and totalling an overall time. The results were as follows: in the U10 boys' category, Reuben Stringer Jenner 2<sup>nd</sup> and Joseph Girard 5<sup>th</sup>; in the U12 girls' category, Elisabeth Girard 5<sup>th</sup>, Muriel Wray 6<sup>th</sup>, Anna Wray 9<sup>th</sup>, Avere Legault 12<sup>th</sup>, and Julianna Howard 14<sup>th</sup>; in the U16 female category, Chantal Kukulka 3<sup>rd</sup>, Nicole Kukulka 8<sup>th</sup>, and Jillian Daguerre 13<sup>th</sup>; in the U18 category, Marissa Pladzyk 14<sup>th</sup>.

Overall, fantastic results from the team!

March meant the younger core group of skiers got to show off their talent by competing in the Ontario Youth

Championships in Sault Ste. Marie, Ontario.

Once again, the team waited, wishfully hoping for enough snow to ski. And again, their wishes were granted! Not a lot of snow fell, but enough to host an icy, fast skate race on Saturday and a slushy, slow classic race on Sunday. Despite all the turmoil on the courses, the team brought home some strong results. On Saturday, in the U10 boys' category, Reuben Stringer Jenner finished 5<sup>th</sup> and Joseph Girard 18<sup>th</sup>. In the U12 girls' category, Elisabeth Girard 15<sup>th</sup>, Muriel Wray 20<sup>th</sup>, Anna Wray 29<sup>th</sup>, and Julianna Howard 38<sup>th</sup>. All team members were split into teams for a fun relay event in the afternoon. On Sunday, the results were: in the U10 boys' category, Reuben 7<sup>th</sup> and Joseph 11<sup>th</sup>; and, in the U12 girls' category, Elisabeth 16<sup>th</sup>, Muriel 21<sup>st</sup>, Anna 27<sup>th</sup>, and Julianna 36<sup>th</sup>.

The season wrapped up with two events occurring simultaneously: PSR loppet and Canadian Nationals in Gatineau, Quebec. While many PSR Race Team athletes and coaches enjoyed the fluctuating conditions here in Timmins for the PSR loppet (and having a ton of fun!), Nicole, Chantal, and Marissa navigated the wonders of spring-like skiing with temperatures reaching in the teens and above, answering many skiers questions about why wax companies make wax for double-digit temperatures. Sprinting over the 1km course, Marissa Pladzyk competed for 82<sup>nd</sup> in the U18 category, while Chantal finished 52<sup>nd</sup> in the U16 category with Nicole qualifying into the heats, finishing in 18<sup>th</sup> overall. On day 3, the Kukulkas competed in the 5km freestyle competition, placing 28<sup>th</sup> (Chantal) and 46<sup>th</sup> (Nicole). On the final day of competition, the re-scheduled 7.5km freestyle race for U18 girls was held. Marissa skied the difficult course in diminishing conditions finishing 81<sup>st</sup> overall.

For all the season's undulations and idiosyncrasies, the coaching staff is very proud of the team's efforts and fortitude. Coach Julianne and I are especially proud of the consistency and dedication many of our PSR athletes demonstrate, whether in the cold, sticky, icy, windy, or fair conditions.

We would also like to thank all of those who dedicated their time and efforts to make the season possible. We wish the PSR family all the best until next season.

## Timmins Biathlon Club

Angele Caporicci – Head Coach

Timmins Biathlon Club had a great season this year. We had a small contingency of Biathlon Bears training running concurrently with the Racers programs. The athletes had a great time, despite the challenging winter conditions this year. We are extremely proud of our racers this year.

### SENIOR GIRLS

In our Senior Girls category (U17) Chantal and Nicole Kukulka impressed us in their remarkable first season in this category. Their first official snow races were at Canadian Youth Trials in Canmore Alberta at the end of November 2023. The girls raced up a category, meaning they raced girls from across the country in the Youth category (U19), racing competitors two to three years older than they were. In the sprint race, Chantal and Nicole finished respectively 21<sup>st</sup> and 22<sup>nd</sup>. In the longer pursuit race, they impressed us with Chantal finishing 18<sup>th</sup> and Nicole 19<sup>th</sup>.

Coming back to Eastern Ontario, their first race was in Collingwood in January. Both Chantal and Nicole each finished with one gold and one silver for both the sprint and pursuit. In February, they raced at Chelsea in Gatineau Park. There Chantal collected two silver medals, and Nicole won two gold medals for the sprint and pursuit races.

We finished the season in March racing in Quebec City. Here both Chantal and Nicole each earned one gold and one silver Medal in the sprint and pursuit races.

### MASTERS CATEGORY

The Master racing category is indeed increasing. This is an age category that runs for athletes ages 35 years and older. This year, Lynn Kieran did impressively well taking home a few medals for races in Chelsea and Quebec City, picking up one silver in Chelsea and two gold medals in Quebec City. We look forward to increasing the Master racing program next year.

### MORE TO COME!!

Biathlon is open to anyone ages 9 and up. We will teach you the basics of the sport (ski and marksmanship), while having fun doing so. People join for many reasons: for the simple pleasure of learning the sport, while others join to challenge themselves by meeting personal goals.

You do not need to be super competitive. This ambitious sport is not well known here, but it is massively competitive in Europe.

If you are interested in joining up next year, you can find us at Sports Night on May 27<sup>th</sup> 2024, at the Archie Dillon Sportsplex from 4:30pm to 7:30pm and again at the Welcome to Timmins Night later on in September 2024 (Date, time, and place TBD).

Our season starts up again in the late fall and winter months.

You can find more information on the PSR Webpage under Biathlon Bears or check out our Facebook page-- [Timmins Biathlon Club](#).

*Editor's Note: Timmins Biathlon Club is not operated by Porcupine Ski Runners. The club uses the facilities of PSR under an agreement between the biathlon club and the directors of PSR. All members of Timmins Biathlon Club are also members of PSR.*

