



The Inside Track

A newsletter for members of Porcupine Ski Runners

Welcome to the 2023-24 Season!

President's Message

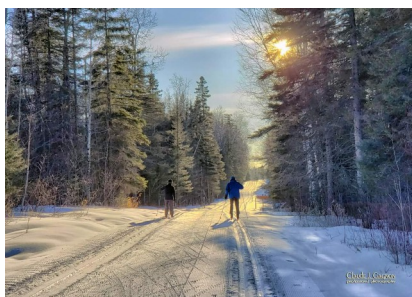
Christine Dorion

Welcome to the 2023-24 season of cross country skiing and snowshoeing.

We have some new things to announce for this year. Our entire fleet of rental skis and boots have been replaced with new equipment and we are buying a new PistenBully trail groomer to replace our ancient BR 400 groomer which has become almost completely obsolete. We may read more about these accomplishments on the pages of this newsletter.

Not everything is new and the events that focus on the fun and love of cross country skiing will be our focus again this year. Fun events and activities provide an opportunity for members and day users to socialize and feel the love of skiing or snowshoeing. With great trails, amazing facilities and beautiful scenery Porcupine Ski Runners will be the place to hangout this winter.

Welcome to returning and new members and happy trails everyone.



2023-24 Board of Directors

Executive

President: Christine Dorion

Secretary: Rhys Lucas

Treasurer: Bev Beaven

Directors

Angele Caporicci
Rachel Deschatelek
Alan Heino
Peter Lanzellotti
Lorne Luhta
Joanne Shand
John Sullivan
Andrew Wray

Welcome

We are pleased to welcome Maria St.Aubin to the team that produces The Inside Track. Maria will be co- editor of the newsletter this year. Communicating with our members to help keep them informed of club activities is an important aspect of club's operation.

The Executive and Chairs of committees write the reports for the newsletters and the editors organize the reports into the form that is distributed to members twice a year.

Winter Issue December 2023

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

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Join the Ski Runners community on Facebook and Instagram (@porcupineskirunners) to stay up-to-date on events, club happenings, and more!



Membership

Neal McNair

We had a total of 976 members last season, and we hope to have at least as many this year. You can do your part by encouraging friends and family to give XC skiing or snowshoeing a try. Word of mouth is our main form of advertising, and our members are the best ambassadors for promoting the club.

Membership fees are unchanged this season:

Age on Dec 31 2023	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
All prices include 13% hst and \$23 per member for fees paid to our affiliate associations: Nordiq Canada, Cross Country Ontario and Northern Ontario District.		

Online membership registration and renewal

If you have already renewed your membership for this year - thank you! Early registrations give the club a much needed revenue boost to help with the increasing costs as the season ramps up. We encourage all members to use our online membership portal to renew their memberships for this season. Registering online has the following advantages:

- Renew your memberships and lockers with only a few clicks

- Access your locker number and combination on your account home page
- Ensure that your information is correct
- Pay immediately online or defer payment
- Help the club by reducing volunteer time doing data entry

Offline membership registration

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

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 31st 2023, meaning you will have to purchase your membership by Dec 31st 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.

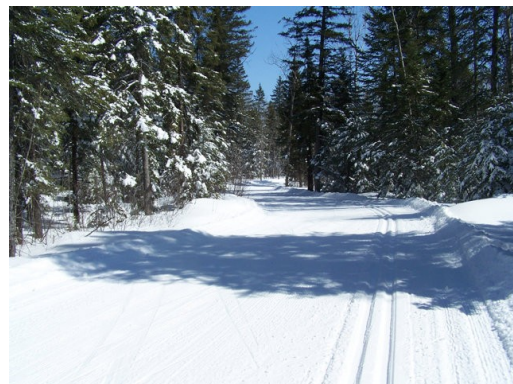
The membership portal makes it easy to give up your locker if you do not plan to renew it, and it will be immediately available to rent to other members. Alternatively, you can send an email to psrmemberships@gmail.com to notify us that you will not be renewing your locker.

Trails

Lorne Luhta

This summer and fall there were no major trail developments done. Ray Denis led volunteers in carrying out regular maintenance like clearing fallen trees and brushing. A lot of brushing was done by Ray and Rob White with a bush hog towed behind our ATV. John Sullivan, John Labine, Greg Deyne, Rhys Lucas, Dave Vodusek, Dale Columbus, and Steve Osawa were out as well using brush saws and chain saws. Occasionally throughout the summer and fall Ray brought out some wood chips to fill in some holes in the trails.

Thanks go out to those above who got our trails ready for the winter.



Newmont-Porcupine Donation

John Sullivan

Thanks to the generosity of Newmont-Porcupine Mines, Ski Runners has just received its first shipment of new rental ski equipment.

Last month Newmont donated \$30,000 towards the purchase of new skis and boots for the rental room. The old equipment was nearing its end of life, so this new ski gear will be ready to equip those renting with the latest technology.

We gratefully acknowledge this contribution by Newmont in support of recreational skiing.



PSR Gets Trillium Grant

John Sullivan

Ontario Trillium Foundation has announced that Porcupine Ski Runners is a recipient of a \$150,000 grant. This grant will go towards the purchase of a new PistenBully trail groomer. The new groomer will replace our old 1980s era BR400 machine, which was becoming obsolete and unreliable.

The Trillium grant will ensure that Ski Runners is able to maintain the excellent trail conditions we have all come to expect and enjoy. We are hoping to take delivery of our new grooming machine sometime this winter.

This is one more reason to get out on the ski trails this season.



Rental Equipment

Gerry McNair

If you ski or snowshoe on a regular basis, you probably own your own ski equipment or snowshoes. But many people ski or snowshoe only occasionally or a few times a season. For these people buying equipment is an expense they'd probably not make so, for them, renting equipment is the way to go. Along the same line of reasoning schools are able to bring students to the club for skiing or snowshoeing even if they don't own their own equipment because Porcupine Ski Runners has equipment to rent. Encouraging people (young or older) to be more physically active is part of the club's mission so we are happy to contribute to that effort by providing rental equipment.

To satisfy the need for rental equipment we have a Rental Room that is staffed and equipped with skis and snowshoes to rent. This operation began in the 2010-11 season and has proved to be very successful.

But the rental equipment, especially the skis, were showing signs of usage (and sometimes abuse) and becoming sufficiently deteriorated that they needed to be replaced. The design of skis and the bindings that attach the ski to the boot changes as time passes so it was becoming necessary to also replace the boots if skis were replaced. This summer, led by Lorne Luhta, a team set about planning to replace all the skis and boots. Thanks to a generous donation from Newmont-Porcupine Mines and money from the club's reserve fund they were successful in securing funding to replace almost all of the ski and boots. Some of the newer skis that were bought to replace broken skis are not being replaced.

Members will be interested to know that revenue from renting ski and snowshoe equipment is more than sufficient to pay the wages of our staff. And in addition to operating the Rental Room the staff also does the cleaning of the chalet.

Thanks to the team that worked on this project: Lorne Luhta, Christine Dorion, John Sullivan, Alan Heino and Gerry McNair. And thanks to Brent Cleverdon, our Chalet Coordinator, who has a lot of extra work to do to prepare, mark and organize all the new equipment. Volunteers are helping Brent with some of the work and Ray Denis, our Maintenance Facilitator, is always available to give a hand when needed.

Personnel

Alan Heino

Porcupine Ski Runners is pleased to welcome back Brent Cleverdon for his thirteenth season as our Chalet Coordinator. Brent started on November 13th with his pre-season duties which include preparing the chalet for the ski season and completing the waxing of all rental room skis with assistance from one of our returning students, Bryson Lanzellotti.

Upon the start of the ski season, Brent will be assisted by student workers in the rental room and at the gate and with chalet janitorial duties. We have three students returning from last year: Bryson, Keenan Cleverdon and Isabelle Cleverdon and we have recruited one new student: Emma Carriere. The students will provide assistance on weekends and after school.

Facilities

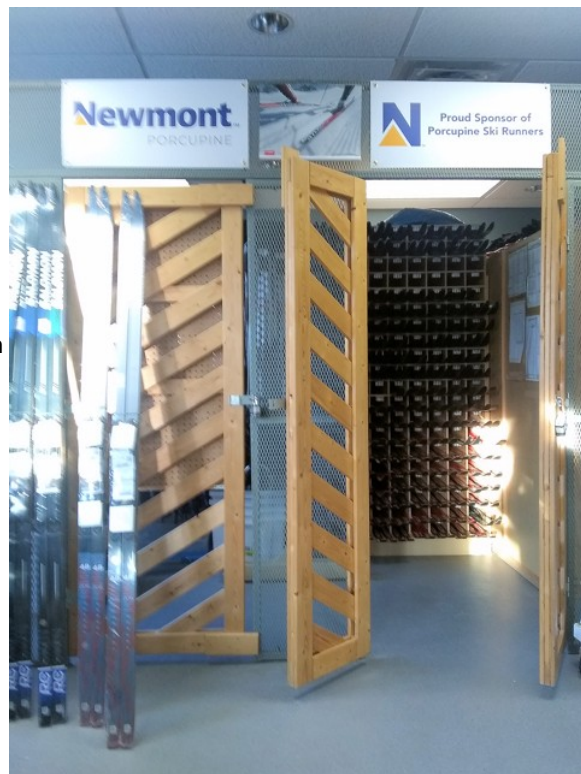
Alan Heino

The Facilities committee consisting of Gerry McNair, Ray Denis, Rob White and Alan Heino, primarily look after the chalet.

The committee continued its work throughout the summer and fall to keep the place in good repair and have it ready for the next season. Their tasks are many and varied, including: performing patching and painting touch ups in the chalet, cleaning floors, taking garbage to the dump, changing furnace filters, updating equipment when required, maintaining external security lights, reorganizing storage, updating signage, plans to arrange for servicing of our aging furnace, and many others.

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

1. A notable Facilities project undertaken during the off season was investigating funding options to assist with replacing our aging rental ski fleet. This project involves replacing all of the rental room skis and boots. We have approached Newmont Canada to inquire on their interest in providing financial assistance to this project and are very thankful to them for providing a substantial financial commitment to this project. Our second approach was to apply for a federal grant from New Horizons Seniors Program. During the application process, we obtained letters of support for the project in our application from the community: Mayor Boileau, Timmins and District Hospital, Porcupine Health Unit, Rick Kvas and Steve Black. We expect to know the outcome of our grant application in the in a few months. We have obtained three quotations for this project to determine our vendor selection. Thanks to Lorne Luhta, John Sullivan and Alan Heino for their work to date on this project.
2. PSR rents out the lounge during the off season to various organizations for meetings, training sessions and various social events. We had a lower number of rentals during the off season than our previous off season. Most rentals have been to businesses and a few were social events. Thanks to the volunteers who have handled the off- season rentals: Gerry McNair and Ray Denis.
3. Ray Denis had the both septic tanks pumped this summer. We shouldn't require another for the next 10 years.
4. Gerry and Ray have done some minor 'patch and paint' throughout the chalet.
5. Ray and Gerry plan to have our furnace serviced during the upcoming months since it has now been in operation over 13 years.



Events

Christine Dorion

Some of the events we had last season will be returning. We will try to jam the calendar with fun things for everyone. Here are some of the events we have planned:

- *Weekly events*
 - Snowshoe evenings every Tuesday starting at 6:00pm
 - Ladies' Night, for skiing, every Thursday at 6:00pm
- *Annual event*
 - The Loppet and Snowshoe Poker Run on March 9, 2024
- *Special events*
 - Loota Loppet
 - Sprint series
 - Ugly sweater day
 - Halloween at PSR
 - Snowday
 - Ski like Ole



Most events will be posted on Facebook so keep an eye out for them during the season. We will also have these events in the PSR calendar online and at the chalet. Please don't be shy about participating – they are all for fun.

We would love to have a few more people help out during these events or to plan activities. If you are interested, please email skirunnersevents@gmail.com or sign up in person at the club.

Jackrabbits

Christine Dorion

Youth programs will be returning this season with the Jackrabbit program. This is organized as a fun activity which runs for approximately eight weeks and kids participating range from 3 to 12 years. Every Sunday we will go skiing as a group as we learn the skills of cross country skiing while having fun along the way. Part of the program takes place in the chalet with colouring and enjoying a snack with hot chocolate and socializing. We always end the season with a party.

We anticipate seeing all the little skiers out on the trails again. Our leaders are volunteers and the number of kids we can accept in the program depends on having a sufficient number of volunteers. The more volunteers we have, the more kids we can accept in the program. We always encourage parents to ski along with us. If you would like to volunteer to help or if you have questions, please email psrjackrabbits@gmail.com.

Registration for this program must be done online and details of this program can be found on our website porcupineskirunners.com. But we emphasize that registration is on a first come, first served basis and also that kids who do not have skis may rent equipment for skiing. Parents who wish to ski along may also rent skis if they do not own their own. Kids and parents participating in the program must be members of the club.



Race Team

Andrew Wray

With the hope of snow on the way, the 2023-2024 PSR Race Team is excited to begin another racing season. The team consists of many returning skiers – ranging in age from 9 to 17 – as well as new members, aged 8 to 10, rounding out a diverse group.

Many team members have spent the off-season putting kilometres on the road and track as well as spending time in the weight room, retaining spots on the 'Ski Ontario Development Team'. Athletes have experienced success in their respective cross country running programs and attended some NOD training sessions, too. More recently, the younger members of the team have been busy, working hard to prepare their minds and bodies for skiing through ski specific training sessions at PSR.

Skiers are looking forward to OCup races in Sudbury and North Bay, Youth Championships in Sault Ste. Marie, local loppets (including the PSR loppet), as well as the possibility of attending nationals at Nakkertok in Gatineau. As a team, we are eagerly awaiting the snow.

Timmins Biathlon Club — Biathlon Bears 2023-2024 Season

Biathlon Bears starts again Saturday December 9th, 2023 from 11:45am until 2:00pm.

Biathlon Bears Program (Skills Development)

The Biathlon Bears Program continues to be offered at Porcupine Ski Runners. We are pleased to offer a program that is designed as an entry level into the sport of biathlon for children in the *Learning to Train* stage of development (approximately 9-13 years of age), but we welcome any older youth and/or adult who wishes to learn about the sport as well. Participants will learn the parts of the air rifle, safety requirements of the air rifle and shooting range, how to shoot, and the format for racing.

The main objective is for the athletes to become technically competent cross-country skiers and shooters, and to utilize those skills to explore a wide range of activities, including starting races at a local level. The program also aims to ensure that participants develop fitness through active play, participate in games and activities, partake in frequent cross-country skiing during the season, have fun, and have an opportunity to be part of a club team.

Registration Steps: must complete all steps 1 to 3 (4 optional)

1. Open online at: <https://zone4.ca/register.asp?id=32860&lan=1&cartlevel=1>
 - Club registration for athlete only
2. Open online at: <https://zone4.ca/register.asp?id=31789&lan=1&cartlevel=1>
 - Biathlon Canada Fees for athlete and for parent- **both parent and athlete must register.**
 - Please forward a copy of your confirmation emails to angelecaporicci@gmail.com.
3. Participants MUST also be registered with Porcupine Ski Runners as a ski member — see website <https://www.porcupineskirunners.com>.
4. You will require skate skis, poles and boots. Those interested in ski rental packages for the Saturdays ski training, MUST pay the rental fees for the jackrabbits program, please contact psrmanager@gmail.com to register for the rentals.

Happy trails!



Porcupine Ski Runners Cross Country Ski & Snowshoe Club APPLICATION FOR MEMBERSHIP 2023 – 24

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, 2023	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: _____