



The Inside Track

A Newsletter for Members of the Porcupine Ski Runners

Winter Issue

www.porcupineskirunners.com

December 2007

President's Message

Today, November 26, I skied 13 km at the club. This was my fifth time out. All of the wood chipped trails are ski-able and for this time of year with minimum snow these trails are relatively good, thanks to the grooming by Ray Denis and Germain Lauzier, two of our hard working volunteers. Hopefully we don't get the rains and thaws of last year and will be able to ski continuously until the end of April.

This winter is the club's 35th anniversary. Initially we were a small group of 33 skiers that became the organization we are now with a membership of between 1200 and 1300 people. It just seems like yesterday that I would go skiing with my son Erik in a backpack. Our trails were very narrow at that time and were only suitable for classic skiing (Skate skiing wasn't invented then). Quite often snow would fall from some of the overlying branches and land in his face. Now Erik will be skiing on some of the same trails with his daughter Mari on his back without having to worry about snow coming down on her due to the improvements of the trails. This may be a bad thing because she won't have the same opportunities of learning how to cope with discomfort in order to become a tough ski racer.

In all the newsletters that have been published since our club has been formed, we have stressed the importance of volunteers in the building, the operations and the success of our ski club. Members should be aware that our club didn't just appear out of nowhere and just by paying a membership fee it will continue to exist as it is or become even better. As with all non-profit volunteer organizations, we are facing a crisis. Our volunteer base is decreasing while the demands of the skiing public are increasing.

To combat the decrease in volunteer hours, one alternative is to raise fees in order to afford to pay contractors to do the work necessary to keep the club going.

However, this could be a negative thing because some members may then be reluctant to join, and this could result in fewer members and therefore the same revenue as before.

Hardwood Hills, a cross-country ski facility near Barrie charges an annual membership fee of \$310 for a



single membership and a total amount of \$1180 for a family of four. They pay all their workers and have no volunteers. Their trails are not groomed any better than ours and they don't have as many kilometres as we have. Compare this to our fees, \$95 for an adult and an unlimited family membership for \$165. Hardwood Hills can survive because it draws from a huge population base being located near Barrie, a city of 150 thousand and one hour from Toronto. Our population base is very small which restricts our potential for earning revenue and our club must rely on volunteer labour, grants and donations to survive.

To all the dedicated skiers: If you haven't already volunteered to assume some of the work at the club, don't be surprised if you are approached sometime this coming season. I hope your response will be positive. The more workers we have, the less work there is for each individual. It may be as simple as adding a log to the fire in the woodstove.

I hope all of you have a Merry Christmas and a Happy New Year and are able to enjoy the trails all winter.

Lorne Luhta

Upcoming Events

Sea2Sea2Sea - Starts Dec. 1 <i>(See page 9 for details)</i>
Open House, Ski Swap, Ski Waxing - Sat & Sun Dec. 1, 2
NOD Snow Camp – Dec. 7,8,9
Sprint Series – Tuesday nights beginning in February
JACKRABBITS Sundays beginning in January
PSR LOPPET starts from the Legion – Sunday Mar 9 at Noon
Special Olympics Regional Games on Feb 9, 2008
Special Olympians meets Saturdays
12 Hour Challenge Saturday in March date TBA
Rookies vs Vets April date TBA
Junior Race Teams and Development Teams meet regularly
Learn to Loppet started Sunday Nov. 18

Membership Report

Gerry McNair

I met Norm Disley in the chalet during my second ski outing of the season. I commented, "I haven't seen you since last spring" to which he laughed and replied, "That seems to be the way things work around here." Each fall when membership applications start coming in, it's like greeting old friends again. Welcome back. And

a special welcome to members who have joined for the first time. Enjoy the skiing, snowshoeing and northern winter – there's lots to come. To those who have not yet renewed their membership for 2007-08 – there is no time like the present to send in that application.

Because we have no paid staff, we advise newcomers to ask questions of anyone who happens to be around the chalet or on the trail. If they don't know the answer to your question, they may be able to direct you to someone who does know. But you can also call any of our directors. Our directors don't just attend monthly board meetings – they all have assigned tasks that they are responsible for and they are generally knowledgeable about the club and cross country skiing.

We had hoped to have lots of new lockers this season and no waiting list. But the waiting list will have to wait another year until we can get that new chalet built. If you have been renting a locker in past years, you should have renewed that rental by now. We are in the process of reassigning lockers that have become vacant to members from our waiting list. There is not a large number of lockers that become available each year but there are always a few. If your name is near the top of the list, this may be your year for luck.

Following Open House (along with the Ski Swap) on December 2, our membership count was 673. The membership numbers are definitely affected by snow conditions and winter temperatures but we are looking forward to another successful year. Please bring your membership card with

you when you come skiing. It's your proof of a paid membership.



Annual General Meeting

Trish Gibson

This year's Annual General Meeting of Porcupine Ski Runners Cross Country Ski and Snowshoe Club Was held on Sunday October 28th at the South Porcupine Legion. A lovely spaghetti dinner was enjoyed by many of those who attended.

Noëlla McNair was presented with the Volunteer of the Year award. Noëlla has been involved in many aspects of the club over the years putting in many long hours and generally supporting the club in ways too numerous to mention. Congratulations Noëlla! *(See tribute on page 6)*

The following individuals were elected to act as directors for the coming year.

Cheryl Allard, Roy Baumgart, Rick Ceconi, Greg Deyne, Trish Gibson, John Hardy, Germain Lauzier, Diane Luhta, Lorne Luhta, Kelleigh Manseau, Yvan Massicotte, Gerry McNair, Noëlla McNair, Gerry Perreault, Don Sutton, Nan Tunnicliffe, Dale Columbus.

Trail Etiquette

The etiquette rules listed below were copied from the website: MOUSKI. The cross country ski club is located in Rimouski, Québec, home of Pierre Harvey – Olympic competitor and winner of world cup races. The translation to English was done by Noëlla McNair.

ÉTHIQUE

1. Bienvenue mesdames et messieurs et n'oubliez pas de payer votre droit d'accès aux pistes. Si la neige nous vient du ciel, il n'en est pas de même pour les sous nécessaires pour l'entretien de notre centre!
2. Skier dans une piste de pas classique bien tracée est très agréable, essayez donc de ne trop l'abîmer surtout lorsque vous pratiquez le pas de patin.
3. La nature, c'est beau nature! Garder dans vos poches toutes sortes de papier. Messieurs, les “taches jaunes” qui apparaissent parfois dans les pistes sont très désagréables à voir sur de la belle neige blanche. Si “l'envie” vous prend, éloignez vous donc de la pistes un petit peu....!
4. Un petit brin de jasette peut être très agréable mais, ne bloquez pas la circulation surtout si êtes dans le bas d'une pente.
5. Si on vous cède le passage, remerciez la personne avec un beau sourire même si c'est difficile de le faire lorsque vous avez le visage gelé.
6. Le skieur qui descend a la priorité. Lui céder le passage augmentera son plaisir et assurera sa sécurité et la vôtre!
7. Circulez à droite dans les sentiers tracés doubles et continuez à vous amuser avec l'hiver!
8. Vous avez un cellulaire apportez-le donc!

ETIQUETTE

1. Welcome ladies and gentlemen and don't forget to pay your trail fees. It may be that snow comes to us from heaven but the same cannot be said about the wherewithal to maintain our club!
2. Classic skiing on a great track is very pleasant so let's do our best to maintain the quality of the track.
3. Oh nature, beautiful nature! Keep all paper and tissue in your pocket. Oh and men, those yellow stains which occasionally appear on the tracks are quite ugly. If the urge is too strong, do move away from the tracks.
4. Chatting can be very pleasant but please do not impede the traffic – particularly at the bottom of a hill.
5. If someone yields the right of way to you, do reward him or her with a lovely smile even if smiling is difficult when your face is frozen.
6. A skier going downhill always has the right of way. Yielding to her or him will ensure both her or his safety and yours.
7. Keep to the right on double-tracked trails and do continue to enjoy winter.
8. If you have a cell phone, bring it with you.

As a comparison with PSR, here are a few facts about the cross country ski and snowshoe club in Rimouski.

1. *They have 30 km of trails tracked for classic skiing and 21 km tracked for skating. (They don't say if these are the same trails.)*
2. *Their chalet is about 300 m² and will accommodate about 200 persons.*
3. *The trails are located about 20 km from the city of Rimouski.*
4. *They operate about 15 km of snowshoe trails.*
5. *They are organized as a cooperative and 90% of their trails are on publicly owned land.*
6. *Their hours of operation are 10:00 to 16:00 on weekdays and 9:00 to 16:00 on weekends. (I assume that they have no lighted trails.)*
7. *Their membership fees:*
Family: \$225 (\$15 reduction before Dec. 16), Adult: \$155 (\$15 reduction before Dec. 16),
Student: \$65, Day fees: \$8 – adult, \$3 – student, Snowshoe: \$3 – adult, others – free.

Trails Report

Gerry Perreault

Groups of volunteers pitched in from early in September to the end of October to get all of the trail preparation done. Once again the seniors certainly did their share during the week. Thanks to all those who were able to assist. Ray Denis led all of the weekend crews, and Lorne Luhta took care of the crews during the week.

It took 14 half-days to brush the trails, which did not include Rick Demers pulling the Brush Hog around on many days. Strong winds caused lots of windfall in late October and this required another four half-days of cutting trees and throwing the logs off the trails.

Rick Demers along with his personal ATV gave everyone a good break by utilizing the Brush Hog on all of the interior trails - thanks to Rick Demers and his ATV. On the final weekend of the trail work, Rick was out again screening the surface. This helps to smooth the trails and helps us get an early start to the ski season when snow does arrive.

Here is the list of those who helped out with the brush cutting. Hopefully I did not leave anyone out but if I did, please let me know. Bill McGillis, Brian Emblin, David Vodusek, Denis Brule, Diane Luhta, Don Sutton, Erik Luhta, Ethan McGillis, George Dasovich, Gerry Perreault, Greg Deyne, Irv Garlock, Janet Riopelle, Liam McGillis, Lorne Luhta, Mary Anne Martin, Michel Audet, Mike Columbus, Dale Columbus, Paul Kleinhuis, Peter

Greenaway, Ray Denis, Rene Lacasse, Rick Demers, and Robert Coderre.

For the up coming season, Fred Stiles, Germain Lauzier, Ray Denis, Chris Cantwell, Yvan Mascicotte, Gerry McNair, Lorne Luhta, Jack Yard, Dale Columbus and I will be part of the trail grooming and tracking group. I also hope to be able to add more names to that list. It is not possible to set an actual schedule because trail grooming and tracking must be done when required and that is dictated by weather conditions.

Please thank these people when things look good and appreciate the fact that these chores are done outside any skiing time and are all on an as-needed basis. There is no schedule or start time so they have to respond to the weather conditions. And they all have homes and driveways to clear as well. Let's hope for a good safe season, happy skiing to all.

Learn to Loppet and Ski with Lorne

Nineteen skiers have joined the group that meets Wednesday nights and Saturday afternoons to learn to ski or to improve the skills they have already acquired. The goal is to complete the loppet in March. The \$100 fee should buy a window or two for the new chalet! For beginners that would not fit the group requirements introductory lessons are available. Call Diane at 235-8048 for more information. Cost is \$10 per session.

27th Annual Porcupine Loppet

When: Sunday, March 9

Start at NOON from the Legion.

Classic or skate 5, 10 17 and 25 kms

We would like to add a challenging 35 km to celebrate the 35th anniversary of the club.

We need volunteers for the Loppet organizing crew. If you can help we could sure use you.

Call Diane, the events coordinator, at 235-8048 ASAP.

Every little bit helps!



Schools and Other Groups

If your school or group would like to use the ski and snowshoe trails check out the website for details or call Diane at 235-8048. There is no charge for schools!

Count Your Kilometres

The large chart in the clubhouse is for people who want to try to ski **500 kms or more**. Mark **your whole name** down and record your kms and days skied and if you reach 1000 kms in the season you will receive a special pin. Print neatly or you will be left off the final list.

For those who did not attend the AGM to pick up their pin we will leave them in the office.

Ski Swap / Sale

Don Sutton

The Porcupine Ski Runners Race Team would like to thank the members of Porcupine Ski Runners as well as the community for their tremendous support of our 2007 Ski Swap/ Ski waxing day. The team was able to raise about \$5000.00 !!!

These funds will be used to support the young racers that are in the developing stages and just starting the race circuit as well as the veteran racers. This event would not have been possible without the leadership of Janet Demers and the support of the Race Team parents and coaches. Thank you.

This year an extra effort was also made by Lorne & Diane Luhta who brought in a large selection of new equipment; this was greatly appreciated. Thanks also to Northern Sports and Wilderness Dreams (New Liskeard) who once again supported us by providing new equipment for sale.

The volunteers in the wax room were extremely busy this year as they waxed 105 pairs of skis.

Reel Paddling Film Festival,

Friday April 25,
O'Gorman High
PSR Fundraiser,
\$15 per ticket

- Whitewater canoeing and kayaking films
- Flatwater canoeing and kayaking films
- Watch for more details in January

Jackrabbit Report

Kelleigh Manseau

The Jackrabbit program is a national program run under the guidance of Cross Country Canada. Its aim is to teach children to ski in a fun and controlled environment. The children are encouraged to better themselves and are rewarded for their progress with achievement badges. This year we are pleased to announce that Tim Horton's has agreed to generously sponsor our program.

The confirmed coaches this year are: (level 2) John Hardy- Track Attack; (level 1) Jeannie Deadman and Helen Labine, Ives Bisson and Christal Breton- Jackrabbits; Cheryl Allard and Kelleigh Manseau-Bunnies. We are still in need of two more coaches with at least a level one designation for the Jackrabbit program.

Sessions will still begin on Sunday, January 13, 2008 at 1:30 P.M. Each lesson lasts until 2:45 P.M. The last session will now be on March 16th with a party on the following Saturday, March 22nd.

Please be aware that lessons will no longer be cancelled due to weather. On these days, lessons will be altered and may take place inside the chalet and as always, participants must still dress appropriately for outdoor play.

Included this year in the 10-week program, will be timed trials and the Loppet (March 9th).

Each year we look forward to meeting and including new leaders and assistants. This year is no different, please consider helping out with serving snacks, or assisting beginner athletes. For additional information or to offer assistance you may contact Kelleigh Manseau (235-4095) or email: [liter&ture@ntl.sympatico.ca](mailto:litter&ture@ntl.sympatico.ca)

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See us at:

www.porcupineski-runners.com

Nöella McNair

Outstanding Volunteer

This tribute was made by Jim Bielek at the AGM in October. Nöella's name is now on the plaque recognizing outstanding club volunteers.

I've come to appreciate what a hard working and talented administrator Nöella is while working with her on the Nordic Centre Committee. Her ability to interpret and handle government documents in relation to grant applications have become evident in the amount of money that this area has contributed to the total that we now have for building our new Xstrata Copper Chalet. I'd be negligent in not mentioning that her sidekick Gerry has had a lot to contribute in this area as well.

At our many meetings held at their house Nöella has been able to keep us motivated and focused with her servings of fine wine from Gerry's vineyards and trays of cheese and crackers. You too can enjoy these

amenities as we are still looking for people to help out on the committee.

Nöella also has displayed the ability to relate well to the top brass of many of the largest companies in Timmins. Large donations from several of them have been deposited in our bank account. At the official announcement of the Xstrata donation of \$50,000 at Northern College she was invited to speak to the officials from there and the media. She not only managed to thank them but also gave an excellent commercial on our behalf for the need to raise more funds to complete the project. She clarified the need for a Centre such as ours to encourage even larger numbers than we now have to participate in a healthy lifestyle in our northern climate.

Nöella reflects this healthy lifestyle as all of us who have seen her skiing on our trails and/or watched her jogging along the side of Highway 101 can attest to. I also noticed that she always seems to be ahead of Gerry when she is doing these activities!

Nöella has also been in charge of club publicity; organized the auction; and along with Gerry, represented the club when we received the Nova award. Throughout her busy career Nöella also fully supported the club by being an active participant as a dedicated skier, participating in the loppet and fully supporting (putting up with!) the many long hours of work Gerry put into the club. That alone deserves an award!

The thousands of hours that she has put into this project with the support of her partner Gerry certainly qualifies her the outstanding volunteer for 2007.

If you would like to volunteer an hour or two to run the snackbar or man the entrance gate collecting day fees and membership we could use your help. Contact Lorne Luhta 235-8048

Pledge to Help with the Nordic Centre Project

Get On Track – To The Finish Line

Cash Donation – to receive a charitable tax receipt: \$

make your cheque payable to: City of Timmins / PSR (for \$50 or more)

Buy A Locker - \$200 (Make your cheque payable to: City of Timmins / PSR)

Name:

Address:

Porcupine Ski Runners Junior Race Team.

Jack Yard

It seems such a short time ago that I would be out on our trails enjoying a quiet ski amongst the snow-laden spruces when from the corner behind me would come the urgent command "TRACK"! As I stepped aside I would watch with awe and pride, as the PSR Junior Racers would stream by during their daily practice session. First would be Rob (Martin), followed by Bibiane, Natasha, Veronic and Mallory, all being chased by Bridget, Martha, Brianna and occasionally Ghislaine, Kaylie and Chantal. Everyone would be quiet in their concentration, perfecting their technique while building their endurance to Championship levels. It literally sent shivers down my spine to see their dedication and determination in the quest for their personal goals. I could see the strength they shared as a team, the team, THE PSR JUNIOR RACING TEAM.

Well times have changed and all those kids have become successful young adults, pursuing their dreams in schools across North America. They got to where they are today because they were, and still are, dedicated and determined to succeed along their chosen path. They follow the tracks of Dave, Erik, Leanne and Rhys, to name just a few.

This year when I am out on the trails I look forward to being "TRACKED" by the new wave of PSR Junior Racers. They will be led by the likes of Rhys, Sue and Greg. They will have Francis and Rick to pick up the stragglers. They will be serious and determined. They will have fun and learn something new most every day. They will have a bevy of parents waiting to drive them home for dinner and their awaiting homework. They will have the time of their lives at a time when their lives are literally being shaped by their parents, friends, teachers and coaches.

These youngsters are part of YOUR club. They are the ambassadors that carry the name of the Porcupine Ski Runners the length and breadth of this country. They represent not only our Junior Race Program; they represent every one of us who buys a membership, volunteers at the club and skis on our trails. This group of racers would not be out there learning the science of ski racing were it not for the support of our ski club membership as a whole. Yes, their parents make the

daily trip to the club and home. Yes their parents meet with coaches, wax the skis, drive to the races, pay for the equipment and uniforms and hotels. And the coaches, yes they crack the whip, pat them on the back, kick them in the butt, teach them technique, travel to races, and use up annual holidays, all without complaint.

Our community demonstrates their support in many ways and this past year when we suffered the misfortune of having an Ontario Cup Race cancelled due to a lack of snow, East Side Mario's, Nortel, Rio Tinto and Xstrata Copper supported Greg Deyne and his committee. These companies donated generously and then to show just how committed they are to our Racing Program, they, without exception, insisted that their donations be retained by the PSR to support our Junior Racing Programs.

These kids represent all of us and they need our support. How can you help? It couldn't be easier. As they streak past you on the trail give them a cheer. When you see them resting in the chalet, give them a smile of encouragement. When you read or hear of their accomplishments on the bulletin board and in the media, let them know you're proud of what they've done. When you find a coach laboring on the trails or in the wax shack, give him or her a pat on the back. Your support will go a long way to encourage these volunteers to continue grooming our young skiers.

Remember, this is YOUR TEAM. This is the PSR JUNIOR RACING TEAM! Samantha, Ethan, Brianna, Robin, Jessica, Ryan, Marie-Louise, Johanna, Liam, Elizabeth, Caroline, Theodore, Colton, Bridget and Brianna. Now, CATCH US IF YOU CAN!!!!



Nordic Centre Report

Before we give an update on our progress in this project we'd like to address a couple of oversights in the report that appeared in the fall issue of Inside Track that was issued in October.



Xstrata Copper Chalet

On the second page of that issue there is a list of the major donors to our Nordic Centre Project. We apologize to le club Richelieu as we failed to mention their generous \$5,000 contribution. Le club Richelieu has a tradition of helping causes which benefit the youth of our community. Un grand merci pour ce don généreux de 5 000\$.

The second contribution that we want to recognize is that of Ken and Anda Alexander. We mistakenly thought that their contribution was a business donation when it was intended as a personal club member donation. Their contribution places Ken and Anda in the top category of \$1000 and over. Thanks Mr and Mrs Alexander. We continue to receive donations from our members – many of whom include a donation with their yearly membership application. Thank you for your ongoing support to this project.

At this point, work is continuing with the Nordic Centre committee and ANO – our architectural firm. Engineering details are being finalized along with cost estimates so that the tendering process can be initiated in the new year. Jim Bielek's son Mike, who lives Oshawa and works in Markham, is working on a conceptual illustration of the new chalet. The 3-D illustration of the building that appears above is part of Mike's donation to our project. Thanks Mike.

A few details of the funding agreements with Northern Ontario Heritage Fund (NOHFC) and Rural Economic Development (RED) are still being finalized while our funding agreement with FedNor is completed.

We appreciate the contributions from these government agencies.

Fund-raising is also continuing. Three new proposals have been recently submitted – one to Trillium Foundation for the renovations involved in the project (i.e. septic system, water line, entrance road and parking lot), one to Hydro One's Community Fund and one with Scotia Bank. The money raised through the 'Learn to Loppet' program will be donated to the project. As well, the 'Reel Paddling Film Festival' scheduled for Friday, April 25 is another fund-raiser.

We continue to look for ideas as potential fund-raisers. One of our members is donating a quilt and wall hanging to raise funds. Perhaps we should host a gala evening next year to celebrate our 35th anniversary and the completed structure. This could be both a fund-raiser and a fun social gathering with a high-profile national cross country skier, a silent auction and etc, etc, etc. We welcome ideas and volunteers from our membership. It has been and continues to be a long road (literally years) with an amazing amount of work contributed by our committee members and club members who helped with the auction. We've made considerable progress but there is more to do. We can always use new bodies with new initiatives and new ideas to keep us motivated!



Cross Country Canada's Olympic Journey "Sea to Sea to Sea"

Cross Country Canada invites all able bodied and para nordic skiers to "ski the distance" over the next 3 ski seasons to Callaghan Valley – the site of the 2010 Olympic Games. Canadian Pacific, an official Olympic Supporter, has become the major sponsor of this program.

This will be accomplished by teams within a club who collectively log kilometres that they ski on their club/regional trails. The "every one is a winner" concept will be the guiding principle within this awards structure. Clubs that participate will earn a highly coveted "Sea to Sea to Sea" award recognizing their success at the end of the 3 year project. Throughout the length of the program there will be ongoing incentives for both clubs and individuals. Extensive use of the Cross Country Canada web site will serve to keep clubs and members informed of their progress and infuse enthusiasm into the event.

Project Objectives:

- To capture the Olympic spirit by creating an interest and excitement within clubs across Canada
- To provide all members of a club with an opportunity to be directly involved in a national Olympic promotional event
- To promote a cross country skiing program to a cross section of club members
- To reach out to new skiers by offering bonus points for new skiers who participate
- To partner with school groups as a means of attracting new skiers
- To increase participation in Cross Country Canada's program in the next 3 years leading up to the Olympics

Teams

Teams may be made up of a maximum of 8 club members. Substitution of skiers may be required from

year to year. Younger skiers will have a multiplier effect calculated into their distance / time as follows:

- bunny rabbit age (5 and under) 5x
- jackrabbit age (6-9) 3x
- track attack age (10-12) 2x

Distance

Each team must ski a total 8000 km – the distance from sea to sea (East West) or sea to sea (North South) over the 3 year period.

Route

Teams and/or clubs would plan out a route (8000 km) as set out by the

guidelines (kilometre chart and map) and pass through skiing points of interest – e.g. home town of Sharon and Shirley Firth , nationals site 2005, partner club etc . This route will be

marked on their club poster map. Mini stickers will be used to fill in distances as the kilometres are registered.

Timelines for skiing kilometres

2007-2008	Dec 1 - March 31
2008-2009	Dec 1 - March 31 (midway point - Jan 2009)
2009-2010	Dec 1 - Olympics (begin Feb. 12)

Awards

Team awards –

- 2007-2008 **bronze** award for individual team members whose team has achieved 3000 km
- 2008-2009 **silver** award for individual team members whose team has achieved a total of 6000 kilometres over the first 2 years
- 2009-2010 **gold** award for those team members whose team has successfully skied 8000 kilometres



Inuksuk Plaque – the Gold Award for Club Participation - Engraved with Participant Names

Get a team together, name a team captain, and count your kms. John Hardy and Diane Luhta are running this program so talk to them to get involved. More at www.porcupineskirunners.com

Porcupine Ski Runners Board Members

Lorne Luhta	President	235-8048	luhta@ntl.sympatico.ca
Trish Gibson	Vice President	235-4238	trishgibson@vianet.ca
John Hardy	Treasurer	268-4448	tumbleweed@ntl.sympatico.ca
Roy Baumgart	Secretary	267-2759	baumgart@ntl.sympatico.ca
Greg Deyne	NOD Rep / Athlete Development	235-3564	deyne@vianet.ca
Cheryl Allard	Jackrabbits	235-4456	cheryl_allard@thetorchiagroup.com
Dale Columbus	Nordic Centre Project	264-9855	starlake35@yahoo.ca
Diane Luhta	Events/Schools & Groups	235-8048	luhta@ntl.sympatico.ca
Don Sutton	Trail Lights	235-2864	suttond@ontera.net
Germain Lauzier	Trails	267-3830	glauzier@ntl.sympatico.ca
Gerry McNair	Nordic Centre Project / Membership	264-9093	gmcnair@ntl.sympatico.ca
Gerry Perreault	Trails / Equipment	264-6939	gperreault@kiddmet.xstratacopper.ca
Kelleigh Manseau	Jackrabbits	235-4095	liter8ture@ntl.sympatico.ca
Nan Tunnicliffe	Newsletter / Facilities	235-8437	nant@ntl.sympatico.ca
Noella McNair	Publicity / Fundraising	264-9093	gmcnair@ntl.sympatico.ca
Rick Cecconi	Webmaster	267-6169	chickenmanweb2@yahoo.ca