



The Inside Track

A Newsletter for Members of the Porcupine Ski Runners

Fall Issue

www.porcupineskirunners.com

December 2008

THE SKI SEASON HAS BEGUN!

Once again the Porcupine Ski Runners are off to a new ski season. The early arrival of snow meant Germain Lauzier and his crew were kept busy grooming the trails and setting tracks. They wasted no time getting the trails packed and groomed.

President's Message

At the time of writing, December 4, many people have been skiing for over a week and the trails that are open at this time are in relatively good condition. If it weren't for the foresight and work in the past by dedicated volunteers in laying down wood waste over 12 km of trails we would still be waiting for more snow to begin the season.

Even though actual skiing didn't start until recently our season began much earlier with brush cutting and removing deadfalls off the ski and snowshoe trails in the fall. The equipment committee was busy the last few months getting our grooming machinery in tiptop shape for the first snow.

The racing team cut, split and piled our winter supply of wood.

The lights were repaired and readied for winter.

Repairs were made on our old chalet to make it through one last season. The Nordic Centre committee was extremely busy fund raising and planning for the construction of our new chalet that is scheduled to begin this spring.

The board of directors have been regularly meeting during the off season to plan and direct all of the club's programs, operations and events for the upcoming ski season.

On behalf of our club I would like to thank all of the volunteers who have spent many days and nights making our club one of the best cross country ski clubs in the province. We are continually looking for additional people to help with our many endeavours that include both physical and administrative work. If you would like to help out in any aspect in the club's operations, give me a call. Most of the work at the club is done by volunteers. Therefore we are able to keep our membership rates low and make our facilities available to those even with modest incomes.

Our facilities are becoming increasingly popular in the off-season for hiking, running and even bird watching. Our ski team trains on our trails during the preseason by running, nordic walking and hill bounding. Our club hosted two successful cross-country running events this fall. Golden Avenue Public School organized a regional elementary meet and Timmins High organized a secondary school meet. The Timmins Search and Rescue organization along with the Timmins Police used our facilities for a simulated event. We are becoming a year round recreation facility and our new chalet will enhance this concept.

I hope we have lots of snow this season and all of you have great skiing and support our club morally, financially and /or by volunteering.

Lorne Luhta



Instructional DVD Available

The Glenn Simmons instructional DVD and the "Ski Runners" documentary that was produced over the last couple of winters is now ready for sale. A downloadable order form will soon be available on the PSR website, as well as a link to clips of the DVD. 25 percent of the cover price goes back to the club.

A list of some of the vimeo.com clips follow below.

"Intro to Classic Nordic Skiing"

"Climbing Hills"

"Turns and Braking"

"Double Poling"

"Intro to Skate Style Nordic Skiing"

Nordic Centre –Fund-raising

Noëlla McNair

Let me begin by wishing a Merry Christmas to all our members as well as all individuals, businesses, organizations and governments who have supported this project. Were it not for major contributions from the Schumacher Foundation, Northern Ontario Heritage Fund Corporation, The City of Timmins, Rural Economic Development, Xstrata, Trillium Foundation, FedNor, Goldcorp, Girones & Associates, Venture Centre and The Daily Press sponsored auction, we would not now be in a position to say that we plan to go to tender in

January, 2009. So, a sincere thank you to all our donors including the many individuals not named here. All of you will be recognized in various ways when the new chalet is constructed.

Fund-raising is continuing because we need about \$150,000 more to complete the components of the project that we most want. At the December Board meeting, various strategies were discussed to help us reach our goal. We will continue to send requests for donations and / or grants to individuals, businesses and funding agencies where we qualify.

Loans

The appeal to members to consider giving a \$10,000 loan, which was presented in the October newsletter, has prompted some response and we have been offered some such loans. We had questions about the possibility of a loan for a lesser amount. In response, the board decided that loans of \$5,000 or more will be welcomed. The terms remain the same as what was presented in October – repayment over a 10 year period with interest rate to be discussed.

Donations

Another idea suggested by a club member is that of a donation by an individual of \$5,000 or more that entitles the donor to a 10-year honorary membership in the club along with an income tax

receipt. The 10 year honorary membership will respect our existing guidelines for types of membership.

The \$200 Buy-a-Locker campaign is continuing and the Board has approved a motion whereby an individual wishing to secure a locker in the new facility must donate a \$200 initiation fee. This initiation fee is justified because the cost of building the space to house these lockers exceeds this \$200 initiation fee. Individuals who have already donated at least \$200 will be contacted to see if they have an interest in renting a locker. Please note that the annual rental fee will still apply for each locker that is rented. At this point, the plan for the "basic" chalet provides for 130 lockers, the same number as are presently available. Because this initiation fee is a donation toward this project, it is eligible for a tax receipt. Cheques should be made payable to City of Timmins / PSR.

We are encouraging all members to support the project with a donation of their choice. Any donation of at least \$50 is eligible for a tax receipt provided it is made payable to City of Timmins / PSR.

Iroquois Falls Cross Country Ski Club

If you would like to experience some delightfully different trails take a trip to the Iroquois Falls Ski Club only 45 minutes away.

They have a variety of trails including a 5 km flat Doggy Loop that allows dogs to travel with their owners. It is a very popular trail in the Falls.

They also have some trails on rolling hills through sandy forest and small kettle lakes that are great for skating. If you want more of a challenge try the red trail which has a difficult series of hills. The hand-painted signs are unique and descriptive.

The chalet is open on the weekends and they usually have some delicious soup for sale. If you have a lot of time and would like to ski there more frequently buy a joint membership for an additional \$25 per adult. It is a beautiful ski area!

Sea to Sea to Sea

Don't miss your chance to win a trip to the Olympic winter games. Join Cross Country Canada's Journey to the 2010 Olympics today! NOT ON A TEAM YET? Be at the club at 2 on Dec. 14 and talk to John Hardy to get on a team.

Sea-to-Sea to Sea encourages PSR club members to form a team and ski the distance to the Olympic site in B.C.

Teams log their kilometres throughout the ski season in order to earn prizes and a chance to win a trip to the Olympics.

New and improved Grand Prize Olympic Package includes 2 sets of tickets to the first 5 days of Cross Country skiing events, and accommodations for the 7 nights surrounding these events, Feb 15-22. The Olympic packages will also include a \$500 travel voucher to assist in the cost of travel to or from Vancouver.

Draw Prizes too!

Year 1 - CCC clothing

Year 2 - 10 VIP packages to Canadian World Cup races Jan 16-18, in Whistler Olympic Park (winners are responsible for their own travel costs).

Year 3 - 5 - Olympic Packages

To find out more go to:
www.ccski.com/

PSR "GLIDEOFF" Sunday December 14 AT 2:00

Sunday will be a bonus day for all team members. Every kilometre you ski will count as TWO! Double KS!

Water bottles will be given to all those who were on a team that reached the bronze level of 3000 kms last year.

Schools and Groups

PSR encourages and reminds schools and community groups to register by contacting Lee-Ann Wearing at 267-1186/363-8249 or email at lee-ann.wearing@dsbl.edu.on.ca.

We look forward to seeing these active groups using our trails in the new year as they build their love for cross-country skiing.

Bird Feeders

Have you ever wondered who maintains the bird feeders?

Rheal and Marcel Paquette skied a combined total of 3561 kms last season and enjoyed taking a break to watch the birds at the feeding stations located on the trails.

They have agreed to keep the feeders full so everyone can enjoy the chickadees, nuthatches and grosbeaks that visit all winter.

Watch for pileated woodpeckers, great-horned owls, grouse and three-toed woodpeckers while skiing.

www.porcupineskirunner.com

CHECK IT OUT!

Get the latest information on trail conditions, special events, lessons, racing team, Sea2Sea2Sea, Jackrabbits and other ski club activities.

Ski Lessons

Check out the bulletin board in the chalet or visit www.porcupineskirunners.com for notices about **lessons or waxing clinics**.

You can also call Diane at 235-8048.

Porcupine 29th Annual Loppet 2009

We need a Chief!

We have lots of volunteers but we really need a chief. If you don't want to ski the loppet perhaps you could be in charge? Exercise your organizational skills. There is a format that is easy to follow and many members are willing to help out.

WHEN? Sunday March 8th

WHERE? Start at the Porcupine Legion and ski the club trails

WHAT? 2, 5, 10, 17, 25 and 50 km

HOW? Skate or classic

WHY? Because it's a challenge and fun

WHO? Anybody on a pair of skis

NEW FOR 2009: We may add a 50 km!

Call the president to become THE CHIEF.

The One Thousand Kilometre Challenge

- One hundred and thirty skiers have signed the 1000 km board as of December 1st.

- Who will make it to that magic 1000 mark?
 - Who will pass that mark?
 - Will Mike Sech match his 110 days on skis at age 86?
 - Will the record number of skiers meeting 1000 km, 54 in 1996, be surpassed this year?
 - Will recently retired Joe V ski 3000 kms as planned?
 - Will the racing team write their kms on the board?
 - Will anyone be able to read it?
 - Will the coaches be able to beat the ski team in kms?
 - How much weight will X lose trying to ski 1000 kms?
 - Which team will win the sea2sea contest? Honestly.
 - How many skiers will pass that difficult mark of 2000 kms? The record is 8 in 2006. I think.
 - Will anyone ever beat Jean Guy's record of 5000 kms in one season?
 - Join the fanatics! Enjoy winter! Ski
-

Jack Rabbits & Track Attack

Cheryl Allard

Local *Tim Hortons* franchisees have generously agreed to sponsor this year's Jack Rabbit & Track Attach program with balaclavas for everyone. Our children's heads and ears will be very warm while out on the trails!

The Jack Rabbit lessons will begin Jan 4 at 1:30 until 3:00 p.m. with children divided into groups based on age and skill level. Two FUN time trials will happen during the season and the program will end with the annual PSR Loppet on March 8. Registration of \$30.00 (towards CCC) along with PSR membership for your child may be either mailed or dropping off to the chalet. We appreciate NO REGISTRATION on Jan 4th. The coaching team from last year has graciously agreed to volunteer again this year and we hope to see all our young skiers out on the trails throughout the season

Membership

Gerry McNair

We enrolled 97 members on November 23, the day we had Open House, ski swap and ski waxing service. There wasn't much snow on the ground at that time but enough for eager skiers to get started. There's lots of snow to come and a lot of ski season left to enjoy. Membership applications have been coming in steadily by mail or dropped off at the club. So, if you haven't already renewed your membership, now is a really good time to get that done. Please use the application form we sent in the October newsletter but if that is missing, membership forms are available on the website:

porcupineskirunners.com, at the chalet or give me a call (264-9093); I'll send you one.

Welcome to new members. You will quickly notice that we have no paid staff so, in a way, all members are staff. We are heavily dependent on volunteers for essentially all aspects of the club's operation, administration and planning. Generally, other members you meet at the club can answer any questions you may have or they can direct you to someone else who will have the answer. If all else fails, call the president – Lorne (235-8048). Enjoy the skiing and / or snowshoeing and as you do, I think you will enjoy winter in Northern Ontario.

The membership cards we send or give to members are your means of identifying yourself as a member of the club. If you generally commute to the club by automobile, we suggest that you leave your card(s) in your car.

We are still restricted to the 130 lockers that we have in the old chalet complex but some do become available each year. As we reassign lockers to members on the waiting list, other names get added to the bottom of the list and we always have a waiting list. We are anticipating having more lockers to satisfy requests – if only we can get that new chalet built.

Thanks to my assistants on the Membership Committee – Lee-Ann Wearing and Trish Gibson. I very much appreciate the help

and I'm also happy to know that others are learning the various intricacies of keeping membership records.

Accurate records are needed both for the club's benefit and to produce reports for our parent ski organizations – Northern Ski Division, Cross Country Ontario and Cross Country Canada (CCC). Our liability insurance is available to us at a very reasonable rate through CCC.

Un méli-mélo de nouvelles

Noëlla McNair

Je commence par souhaiter un Joyeux Noël à tous nos membres ainsi qu'à tous les individus, les commerces, les organisations et les gouvernements qui ont appuyé notre projet. C'est grâce à vous tous que nous espérons procéder à la prochaine étape du projet en 2009. Un grand merci à tous les donateurs!

Notre campagne de prélèvement de fonds continue car il nous faut au moins 150 000\$ pour atteindre notre but – c'est à dire réaliser tous les aspects du projet. S.v.p. lire de près les différentes stratégies que votre conseil d'administration propose afin d'assurer le succès de ce projet.

Merci aussi aux bénévoles qui maintiennent les pistes de ski. Les conditions sont super bonnes surtout lorsqu'on se penche sur le fait que la

saison vient de débiter. Déjà nous avons reçu un bon nombre d'inscriptions et beaucoup prennent avantage des pistes de ski de fond et de raquette.

Un rappel que le club de Jackrabbit débute en janvier 2009. Il est encore temps d'inscrire vos jeunes aux activités de Jackrabbit qui cherchent à amuser les enfants tout en perfectionnant leur technique de ski.

Avez-vous des idées que vous voulez partager avec nous vis-à-vis le nouveau chalet, le financement, les programmes, etc? Le conseil d'administration cherche à prendre des décisions qui reflètent le bon vouloir des membres.

N'oubliez pas de regarder de près les changements proposés surtout pour la location de casiers dans le nouveau chalet. Nous voulons que nos membres sachent bien en avance les modifications adoptées.

Meilleurs souhaits pour une merveilleuse saison de ski et de raquette!

RACE TEAM

Cheryl Allard

Another tremendous turnout this year for the annual ski swap put on by the PSR Race team and parents. The membership supported our team with 103 pairs of skis to wax. Many skis coming back

after being summer waxed last year by the team.

The ski swap/waxing generated \$3,000.00, which the team will use to offset travel, training and waxing costs throughout the season. This project could not happen without the many volunteer hours put in by the parents and the team members.

Janet Riopel lead this group this year and we wish to thank her and Lyne Francis for all their time to organize this event as well as the men who assisted the athletes with the waxing process.

New Equipment brought in from Wilderness Dreams (New Liskeard), The Outside Store (Sudbury), Northern Sports and Lorne Luhta allowed skiers to purchase new equipment at a great price as well as supporting our team.

The race team will participate in their first race later this month at Duntroon in Collingwood Dec 21-22.

For anyone who did not have a chance to have their skis waxed or wishes to get them "touched up", Jessica Demers of the ski team is offering her waxing services for a small fee. Please see the board for more details.

IMPORTANT DATES

SUNDAY DEC. 14

- SEA2SEA "GLIDE-OFF" at 2:00

FRIDAY DEC. 26

- PasSport SKIING

WEDNESDAY JAN. 28

- First Sprint Race

SUNDAY JAN. 4

- Jackrabbits start

FEB. 21-22

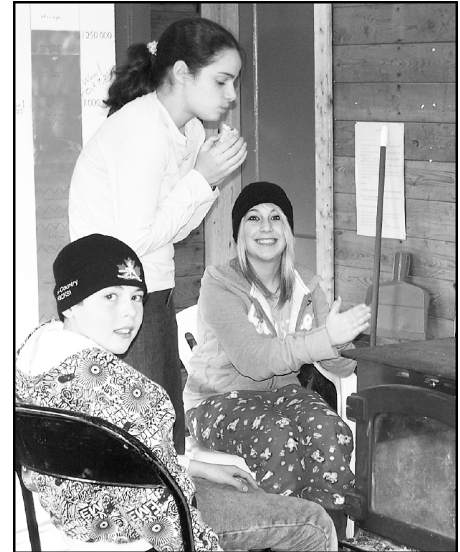
- City of Timmins Winter-fest with sprint races for kids.

SUNDAY MAR. 8

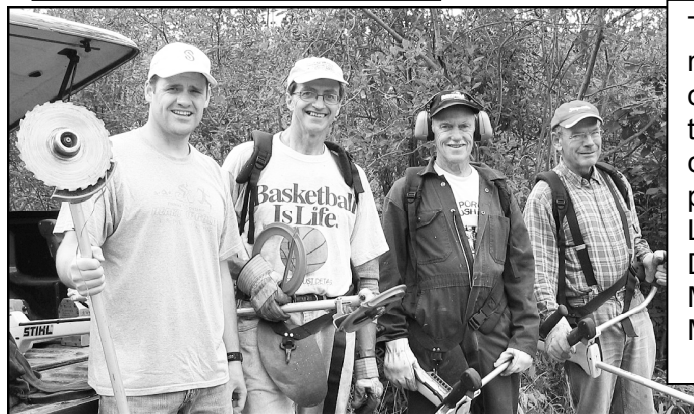
- Porcupine Loppet

SATURDAY MAR. 28

- Paddling Film Fest



PSR athletes Caroline Coderre, Elizabeth Roy and Theodore Manseau trying to warm up after a LONG SHFT in the waxing room during the ski wax weekend.



This fall club members were out clearing trails. The brush cutters in this photo: Eric Luhta, Ray Denis, Gerry McNair and John Martin.

THE TRACK SETTERS AND GROOMERS

Many thanks for the ongoing volunteer work of trail maintenance to Ray Denis, Germain Lauzier and Fred Stiles

As well as Dale Columbus, Gerry Perreault, Chris Cantwell, Denis Brule and possibly others as the winter goes on.

The club owes a lot to these volunteers who are often out early in the morning and late at night to make the trails enjoyable for our members and visitors.



The following is republished in the interest of all club members.

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 apporte-le donc!



Trail 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.

Canada FedNor 

 **Ontario**
Northern Ontario Heritage
Fund Corporation
Société de gestion du Fonds
du patrimoine du Nord
de l'Ontario

Nordic Centre Project

1200 members can make this happen

Cash Shortfall (See thermometer) →

Approximate

Total cash raised to date:
\$1,025,000

Direct donation from members:
\$66,690

% From members' direct donation: **6.5%**

% From other sources 93.5%

Members are the primary users of Porcupine Ski Runners; so let's double that percentage of our contribution to this project. The fund-raising committee has worked hard to solicit funds for this project from a wide variety of sources. Now we need that extra and final boost from our members.

We are asking every applicant for membership to make a contribution:

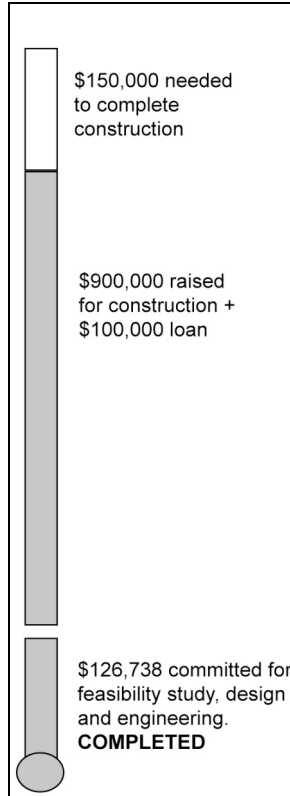
Small donation – \$10, \$20 up to \$50.

Include this on your application form or mail it in when convenient. These sums aren't eligible for a tax receipt, but they all help.

Bigger donation – \$50 or more.

Provide a separate donation cheque made out to: City of Timmins / PSR. Donations \$50 and over are eligible for a tax receipt.

Lets Make it Happen Now!



Volunteers Needed

Yes, Porcupine Ski Runners is administered and operated by volunteers. That's why membership is as inexpensive as it is.

The Nordic Centre Project needs volunteers:

Fund-raising committee.

Do you have an idea for a novel way to raise some additional funds?

Want to help brain storm some fund-raising ideas?

Can you help organize a fund-raising event?

Please write your name on the line below and return with your membership application

Name:

There are many ways club members can get the fund-raising thermometer over the top. At the present time we need to borrow \$100,000. Club members and perhaps others can help reduce the amount of money we have to borrow from the bank.

Buy A Locker - \$200 donation

Make the cheque payable to: City of Timmins / PSR because this donation is eligible for a tax receipt.

Write **Locker** in the cheque Memo.

We'll place a plaque on one of the new lockers with your name on it.

If you wish we will reserve one of the new lockers for you.

Provide a loan – \$10,000.

We need a few members who will lend us a significant sum of money that we will repay over 10 years.

If you can help in this way, call Noëlla at 264-9093 or gmcnair@ntl.sympatico.ca

Make a \$5,000 Donation

This amount would entitle the donor to an income tax receipt for \$5,000 as well as a ten year honorary membership in the club.

Make the cheque payable to: City of Timmins / PSR for a tax receipt.