



THE INSIDE TRACK

A newsletter for members of Porcupine Ski Runners

Fall Issue

October 2011

President Needs You

The President is tapping and it could be you.

Report on page 2.

Membership Application

Membership rates remain unchanged. To renew your membership complete the enclosed application form, then mail it with payment or bring it to the club for Open House / Ski Swap.

Details on page 2.

Open House & Ski Swap

Sunday, November 27. Ski equipment – new and used – will be available for sale. Also membership registration. For information and advice on equipment, membership, Jackrabbits, lockers, trails and pretty much anything else related to our club, join us for Open House. **Details on page 4.**

Secretary

We need a volunteer to take on the role of secretary to the club. Are you interested in joining the Board of Directors as our secretary? **Details on page 3.**

Employment Available

Part time jobs are available to students and adults.

Collecting day fees, assisting with equipment rental and other tasks. Contact our Chalet Manager.

See page 3.

Locker Rental

We've changed the procedure for first time rental of a storage locker. That initiation fee just got a lot easier.

Details on page 2.

O-Cup Race

February 18, 19 and 20. This is a big race that we're hosting and we'll need volunteers to help. Also the chalet and many trails will be closed to members but you will be able to ski from South Porcupine or the Olympic.

Details on page 2.

Jackrabbits

We're expecting a bigger group this season. Kids can use rented skis – rather than buying them – to get started in the program.

See page 3.

The Inside Track is distributed to the members of Porcupine Ski Runners to keep them informed about club activities. There are three newsletters issued each season.

Thanks to those who contributed reports and information.

Suggestions and comments from our members are always appreciated.

Editor: Vicki Butterworth

Note: Vicki was not available to edit this issue so I'm helping out. - Gerry

Ski & Snowshoe Rental

Last season we had snowshoes to rent. This season we've added ski equipment and a new location in the chalet. It was a lot of work but we've transformed what is now our Rental Room for ski and snowshoe equipment. We also have first year, low introductory rental rates.

See page 4 & 5.

Training – First Aid

We're offering free training in first aid and defibrillator. There's a qualified trainer to give the course so the price is right.

Details on page 4.

Get Ready... Get Set *Mary-Anne Church*

In 1992 I was “tapped on the shoulder” by an enthusiastic club member, Doug Barrett, to volunteer for the Ontario Championship race hosted by our club. Come race weekend, my **sole** responsibility was to staple the hand written, up-to-date results on the outdoor boards – non stop for two race days. Thus began my relationship with PSR – the club and its members. And eventually I learned how to ski.

The club is already a hive of activity with the preseason readiness well underway thanks to the dedicated efforts of our volunteers in the office, in the garages and on the trails.

Looking forward, this season holds the promise of more

- Ski rentals
- New snowshoe loop
- Our new chalet manager – welcome Jim
- Ontario Cup Races Feb 18-20
- New members
- Volunteers

I look forward to welcoming you this season. And did I mention? We’re hosting a race on February 18-20, 2012 Ontario Cup Races. **Will I tap YOU on the shoulder this season? You bet!**
Let It Snow!

Membership

We have enclosed an APPLICATION FOR MEMBERSHIP form. Please complete the application carefully and enter all the

requested information. If the basic data, from last season’s record, is pasted on the form, please update any incorrect, changed or new information. Note that there is a **waiver form** on the back of the application form. For insurance purposes it is important that you complete this form and **sign it**. When completed, the form may be mailed with payment or dropped off at the chalet on November 27 which is Open House and Ski Swap day.

Families with Jackrabbit children please read the section on Jackrabbits -pg 3

Membership fees remain unchanged for this season. If you buy a membership to ski, then you may use the snowshoe trails without additional cost. Or you may join as a *snowshoe only* member at a lesser cost by submitting the same application form and indicating this choice. The fee you pay includes the HST and \$12 per member as liability insurance fee combined with a registration fee for the senior ski associations to which we belong. The very reasonable liability insurance rates are possible only through our association with Northern Ontario Ski District, Cross Country Ontario and Cross Country Canada.

We are continuing the opportunity to buy a “flat rate” trail fee with Iroquois Falls Cross Country Ski Club. This is an excellent opportunity to enjoy the trails at a different club with very little cost. Cost is \$20 for an

individual and \$35 for a family. With this one time payment of trail fee you may ski at Iroquois Falls without additional cost. If you are interested, simply check the appropriate box and include the cost with your payment for membership in PSR. There is no need for a separate cheque or payment.

Lockers

The annual fee for renting a storage locker remains at \$50 and we've made renting a locker much easier for first time renters. All members who rent a locker must pay a one time \$200 initiation fee unless they made a donation of at least \$200 to the Nordic Centre Project. This initiation fee may now be paid in instalment payments of \$50 each for 4 years.

These lockers can store at least 6 pairs of skis and poles (or more – if crowded) with room for a small box to store ski wax. You'll find they provide a considerable convenience and free you from carrying your ski equipment back and forth to the club. If you have a lot of equipment to store, you may rent a second locker for the \$50 rental fee if we have empty lockers available.

O-Cup Race

Our club will be hosting an Ontario Cup Race, February 18-20, 2012. This O-Cup race will help determine who represents Ontario at the National Championships, in Mont Ste Anne, QC on March 17-24.

The formats for our race are as follows:

- Saturday: Skate, individual start (3, 5, 7.5, 10 km + green for Para Nordic)
- Sunday: Classic, mass start (3,5,7.5, 10, 15 km+ green for Para Nordic)
- Monday: Skate, individual start (3.5km)

During the race the Olympic and South Porcupine trails will be open to members. From February 18-20 all interior trails will be closed to members for safety reasons. Our parking lot is expected to be full during the races.

A race of this size requires over 100 volunteers, including trail marshals, parking attendants, race officials, etc. If you're interested in helping out, please contact Wendy Mairs 264 – 6531 or Trish Gibson 235-4238, the volunteer coordinators for the Ontario Cup race.

Secretary

The Board of Directors needs a secretary. This is a volunteer position that needs to be filled by a member of the club with organizational and computer skills. Our by-laws describe the secretary as “ex-officio clerk of the board of directors”. The basic tasks of the secretary are:

- To attend all meetings of the board. Meetings are scheduled for the first Tuesday of each month except July and August.

Porcupine Ski Runners Employment Opportunities

Seasonal from December to March depending on snow conditions

Part time/Flex time contract

Customer service positions
(handling rentals and cleaning duties)

Daytime, evenings and weekends – up to 15 hours per week

Can be flexible scheduling hours and days

Students (high school age) and adults may apply

Resumé can be emailed to bielekjs@eastlink.ca
Or mailed to
PSR Chalet Manager
P.O. Box 250, Schumacher, ON P0N 1G0

For inquiries call Jim at 705-235-8355

- To record the minutes of meeting.
- To assist the president in setting meeting agendas and notifying board members of such meetings.
- To maintain records of minutes, policies, correspondence and other documents.

This is an interesting position to hold and you will quickly learn how a group of volunteers manages to keep Porcupine Ski Runners operating as a successful non-profit recreational organization. If you are interested in this executive position, contact Mary-Anne Church at 705-264-7488 or email m-amartin@hotmail.com.

Jackrabbits

The Jackrabbit and Track Attack programs will continue to include dryland training. Our season will be starting on Sunday December 5, 2011 at 1:30 p.m. All participants (6 yrs of age and up) are asked to **bring indoor and outdoor footwear and clothing** each week until we have enough snow to be on skis. The Bunny program (fully independent 3-5 year old children with an attention span to last the afternoon) will start on Sunday January 15, 2012 at 1:30 p.m. All programs will end on Sunday March 11 with the PSR Loppet doubling as our JR end of season party.

Jackrabbits is run by volunteers and there are

many positions available for parents to join in – whether for the season or for a few lessons. EXPERIENCE IS NOT ALWAYS NECESSARY – so sign up your child and sign up yourself.

Online registrations through Zone 4 on the PSR website or www.zone4.ca will begin *Tuesday, November 1* and close *Monday, November 28*. Please note that due to coach/athlete ratios, certain age categories may be closed prior to end of registration. Remember to register early so you and your child are not disappointed. Families with Jackrabbit children must apply for membership in the usual way but must also register using Zone 4.

Continuing the PSR and Provincial Government Healthy Living grant, we are pleased to offer Jackrabbit families a rental program whereby your child, after being accepted into the JR Program, may rent their equipment for a set price. More information will be available at the JR Parents' meeting.

Rental information, in general, is available at the chalet and on the PSR website.

A short meeting (20-30 min) for all Bunny/JR/TA parents, will be held at the chalet on *Monday, November 14 at 1:30 p.m. and again at 7:00 p.m.* Last year's participants will receive a reminder email. We urge all parents to attend. Children are also welcome to attend.

Open House / Ski Swap

The PSR annual ski swap is happening again this year on the weekend of November 26-27. Anyone interested in selling older ski equipment should bring it to the chalet on November 26 between 10am and 1pm. Your equipment will be reviewed and priced with 20% of the selling pricing being donated to the PSR Race Team to be used for travel and training.

On November 27 customer numbers for the swap will be issued starting at 8:00 am, with the sale starting at 9:00am and finishing by 2:00pm. All unsold equipment and proceeds from the sale must be picked up by the seller that afternoon. The annual open house will be running in the chalet at the same time and new and returning members are encouraged to register for the upcoming season. Volunteers for this event are always welcome!

Persons who wish to have their skis waxed in preparation for the upcoming season may bring them to the chalet on November 26 between 10am and 1pm. Waxing cost is \$15.00 for skis that have been summer prepped and \$20.00 for regular waxing. The cost is \$25.00 where excess wax removal is required. All proceeds from this waxing service will go to the race team.

For more information about the Open House / Ski Swap, contact Cheryl Allard 705-235-4456.

Defibrillator and First Aid Course

What: First Aid and Defibrillator course for Porcupine Ski Runners volunteers.

Who: Jeff Frenette of MedGlobe Synergy has offered us this course at no charge. Jeff has rented our chalet for training for businesses, mining companies, search and rescue groups and groups like ours.

When: November 19 and 20, 2011. Saturday (9am to 5pm) and Sunday (9am to 5pm).

Where: Xstrata Copper Chalet, Porcupine Ski Runners.

Why: To receive certification in first aid. The morning of November 19 (9am to 12 noon) will certify those who wish to learn how to use the defibrillator that is on the lounge wall. The afternoon of the Saturday along with all day Sunday will certify those members who wish to have their first aid training updated or become certified for the first time. You must attend both parts in order to become certified.

How: Send me an email bielekjs@eastlink.ca to let me know you are interested and I will confirm. Space is limited.

Rental Room

In June the Board of Directors had a working session retreat to do some planning. One of the issues they had to decide was where to locate the rental equipment consisting of 100 pairs of snowshoes and 100 pairs each of skis, poles and boots.

Three possible locations were considered and the directors decided to locate the equipment in the room we used to call the Training Room. But they also decided that we needed a new exterior

door so that rented equipment could be carried directly outdoors and returned by the same route.

Volunteers did most of the work to get the room ready

and rather than try to describe it, we invite you to come have look at the new setup. You may like to plan your visit to coincide with Open House / Ski Swap on November 27.

Equipment Rental Fees – 2011-12 (Introductory prices for 2011-12)

	Skiing			Snowshoeing		
	Ski Package w/ Boots & Poles	Day Fee for Skiing Non-Members	Package Total Non-Members	Snowshoes	Day Fee for Snowshoe Non-Members	Package Total Non-Members
Adults	\$10	\$10	\$20	\$5	\$3	\$8
Teen & Senior	\$8	\$7	\$15	\$4	\$1	\$5
Children (7 – 12)	\$7	\$3	\$10	\$3	N/C	\$3
Children (6 and under)	\$5	N/C	\$5	\$2	N/C	\$2
Family (3 members)	\$25	\$25	\$50	\$13	\$7	\$20
Family – each additional member	\$5	N/C	\$5 each	N/C	N/C	N/C
HST is included in all prices						

Individual pieces of equipment

Skis	\$10
Boots	\$10
Poles	\$5
HST included	

Executive & Directors 2011-12

Mary-Ann Church
Greg Deyne
Mike Kornell
To be appointed
Bev Beaven

President
Past-President
Vice-President
Secretary
Treasurer

Cheryl Allard
Dale Columbus
Claude Gagnon
John Labine
Germain Lauzier
Lorne Luhta
Gerry McNair
Noëlla McNair
Gerry Perreault
Don Sutton

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Communications
NOD Representative
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Trail Development
Membership
Publicity
Trail Equipment
Trail Lights