



THE INSIDE TRACK

A newsletter for members of Porcupine Ski Runners

Winter Issue

December 2011

Twelve Days 'til Skiing or I Think I See Snow

Mary-Anne Church

All of our elves (volunteers) have been very busy getting things ready for a wonderful ski season.

The trails are brushed, the new equipment is in, the new rental skis and snowshoes are ready for snow, new staff are trained, our finances are in order, the website and Facebook are current, our lockers are full of freshly waxed skis, the chalet is open, the lights are on, the O-Cup is coming, potluck lunches and the Loppet are ready to go and the young Jackrabbits have started.

My personal thanks to all the volunteers who make this happen each year. Now, I'm calling all skiers and snowshoers to come out and enjoy.

Season's Greetings to all!



Membership

Gerry McNair

As of the first of December, we have registered nearly 600 members. We'd like to double that number. Keeping our membership fees low is dependent on having a large membership so if you haven't already registered, please join us. Support the club and get the personal benefit of a facility that promotes fitness, health and a mental attitude that says, "Winter is great" and actually means it. Membership applications with payment by cheque may be mailed to Box 250, Schumacher, PON 1G0 or dropped in the mail slot at the office in the chalet. Application forms are available in the chalet or at our website porcupineskirunners.com and payment by credit card or debit is now possible, but only at the chalet. To pay by credit card, you will have to visit the club when our Chalet Manager is on duty. His times are posted on the "Events Calendar" on the website. If you have questions or

The Inside Track is distributed to the members of Porcupine Ski Runners to keep them informed of 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

In this issue:

President's Message.....	1
Membership	1
Chalet.....	2
Trails & Equipment.....	3
Ski Swap.....	4
Snowshoe Trails.....	4
Waxing Clinic.....	4
Loppet.....	5
O-Cup Race.....	5
OTF Grant.....	5

want an application form sent to you, please call 705-264-9093 and ask for Gerry or email gmcnair@ntl.sympatico.ca.

Welcome to new members. We sincerely would like you to feel at home at the club. Generally, any questions you may have can be answered by our Chalet Manager or any member you meet at the club. If they can't answer, they will direct you to someone who will. If all else fails, call the

President, Mary-Anne Church, at 705-264-7488. Enjoy the skiing and/or snowshoeing.

We are asking all members to sort of "keep an eye" on our facilities. We are open 13 hours a day, seven days a week so when you are there, take a stroll into the chalet before or after (or both) your skiing or snowshoeing. You may be able to help someone looking for information and at the same time be alert to anyone you think should not be there. Remember – the facilities belong to all members and we'd like to keep it in good repair at all times and for many years to come.

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.

Ski lockers are available for members to rent in the chalet. The rental fee is \$50 per season but there is an initiation fee of \$200 to rent a locker for those who did not donate at least \$200 to the building project. That fee can be paid in instalments of \$50 per year over four years. If you need additional information, please call me.

Chalet

Jim Bielek



I am happy to announce to our membership that I am now your part-time seasonal Chalet Manager. We cannot have someone on duty at all hours and days that the club is open because that would be 13 hours a day and seven days a week. So we'll do the best we can and have to do a little trial and error in this first year.

We'll announce office hours on our website, as indicated above. For now I am posting them a week ahead of time. The hours that rental equipment will be available will be posted once the trail conditions allow.

We have formed a partnership with Tourism Timmins with Guy Lamarche and the Comfort Inn to get our information across Ontario. Check out www.tourismtimmins.com and click on "Winter Packages" to see what's involved.

The ski season has started and some skiers have already posted over 100km on the chart in the hallway. Sign up soon and get your season started in what is called the 1000km Club. You don't have to actually ski 1000km to participate – just set your own objective. Snowshoe trails will not be available until we get more snow.

The rental room and rental equipment are close to being ready, although we won't start renting until the snow base is deep enough to prevent damage to the equipment. Gerry McNair, our master carpenter, has prepared shelving and storage units for all the gear as well as a cabinet under the service desk as a place for equipment returned.

Cheryl and Kelleigh had their introductory session for the Jackrabbits on Dec. 4 and all went well despite the weather man not cooperating that day.

Neal McNair was kind enough to set up our office computer, donated by Mike Kornell, and also set up a Gmail address. You can send me requests at psrmanager@gmail.com.

We have hired two experienced custodial/customer service employees, Brent Cleverdon and Dennis Savard, whom you will be seeing a lot of over the season. Introduce yourselves so that they can get to know you.

The Cochrane Temiskaming Resource Centre cleaning crew under the direction of Joe Cimprich is once again using our club to build up their community service hours and doing a great job every Wednesday morning. The hours and days that equipment can be rented will evolve as the season

progresses. My hope is that we will have enough snow to start a few rentals toward the third week in December and then be able to offer a regular schedule once we get into the Christmas holidays. We also hope to get into special days and promotions in the new year.

Suggestions are always welcome.

Trails and Equipment

Gerry Perreault

Equipment

What an exciting year it has been for the grooming crew. The Board of Directors approved replacing our ageing Bombardier Alpine snowmobiles with two new 2012 Skandic snow machines. We also purchased new, light-weight trail setting and grooming equipment from a company in Montana who are experts in fabricating equipment for cross-country skiing. We did considerable research and price comparison before deciding what would be best for our needs. The equipment has been delivered and we are pleased with our choice.

For off-season use we purchased a four wheel drive all-terrain vehicle (ATV) and brush cutting equipment. The ATV was used throughout the summer, mostly by Ray Denis, for hauling wood waste donated by HydroOne. Ray filled many low spots by

spreading the material at selected areas.

Garages

Garage G95, which stores one of our BR 400 grooming machines, was badly in need of repair – primarily to the floor. This garage was built on cribs 16 years ago with a wooden floor. Part of the floor had to be removed before we did some excavation. We then raised some sections of the building by jacking the structure and placing new bracing with a steel frame. The area was then filled with compacted gravel followed by a concrete pad to replace the wooden floor. This work was done in August by Gerry Perreault assisted by Paul Perreault, Ray Denis, Irvin Garlock, Bob Boisvert and Lorne Luhta. Thanks to Roger Rheault of Cy Rheault Construction Company for donating some material to this project. That helped to keep the cost well within our budget.

Trails

Several meetings were held with Goldcorp with regard to a new haul road which Goldcorp will be building as part of their major mining project in the City of Timmins. This road will be built over a section of our old Olympic Trail. Goldcorp will assist us as much as possible to make a new section of ski trail and reduce the long term impact. Thanks to Lorne Luhta who walked

and staked the area that is best suited for the ski trail. Presently, the project is being delayed pending approval, but we hope the end result will leave us with a new Olympic Trail that will be a suitable replacement.

We started brush cutting and removing downfall the first weekend in September. Thanks to our leader and organizer Ray Denis and to all the others who helped. An added chore this year was widening most trails to accommodate the O-Cup Race to be held in February 2012. After the cutting was done, we had a crawler loader remove stumps and rocks to help in the widening process. The following is a list of helpers:

Cheryl Allard, Ryan Allard, Patrick Boily, Mike Kornell, Mike Columbus, Keith Hickey, David Gagnon, John Labine, Jack Yard, Rene Lacasse, Bob Boivert, Paul Kleinhuis, Robert Coderre, Dale Columbus, Luc Muray, Gabriel Murray, Marc Antoine Nadon, Jean Pierre Nadon, Claude J Gagnon, Greg Deyne, Jocelyne Lauzon, Richard Demers, Janet Riopel, Colton Labine, Guy Frechette, Dave Kapias, Mary-Ann Church, Peter Davis, Kimberly Wagner, Tim Wright, Jessica Demers, James Gosselin, Cathy Charlebois, Henry Tallon, Raymond Denis, Germain Lauzier, Gerry Perreault, Paul Perreault.

Other trail work included Don Sutton, along with his son Jeff, repairing several trail lights and Germain Lauzier installing all of the trails signs. In early November, EACOM TIMBER Corp. (formerly McChesney) donated wood waste material that helped elevate the stadium area. This will certainly help at keeping ice and water off the start and finish area.

Happy skiing!

P.S. Forgot to mention that Joe Vodusek skied the 3km loop on November 12/11.

Ski Swap

Cheryl Allard



Mother Nature was playing havoc with us during the annual ski swap and waxing weekend held November 26-27. For the ones who braved the rain and snow, many great deals were had for both young and old. It was great to see whole families walking away with purchases. Now all we need is some more snow.

A total of 60 pairs of skies were prep-waxed for the upcoming season. The craftsmanship of Greg Deyne, Rick Demers and Rob Coderre, along with apprentices Jessica Demers, Rick and Ryan Allard, John and Colton Labine and Theo Manseau, will allow these members, who had their skies waxed, to be speeding down the hills.

The ski swap volunteers of Janet Riopel, Helen Labine, Kelleigh Manseau, Mike and Denise Kornell, Lorne and Eric Luhta (with Naomi Allard and Kirsten Kornell as runners) assisted new customers with fittings, tips and general information before sending them on their way.

Again this year, the swap was supported by Lorne Luhta Cross Country and Northern Sports.

Many people dropped off equipment with no wish to be compensated for the sale as well as others requesting items not sold be given to the rental program. I am happy to announce that Lee-Ann Wearing (Schools Coordinator) will be able to provide this equipment to schools which currently use the chalet for after school activities.

To all the volunteers and supporters of the annual ski swap and waxing service, many thanks from the coaches and racers who are currently preparing for the upcoming race season. This year we raised \$2,000.00 which will be used for travel and equipment purposes.

Snowshoe Trails

Larry Labelle

NEW for 2012! Ermine Trail. This new trail is rugged and a bit of a challenge. It is a 1-km loop which branches off

the Lynx (green) trail. Check the maps posted in the chalet. The new trail will be flagged in yellow. The existing snow shoe trails are all cleaned up and waiting for more snow.

You can bring your own snowshoes or rent a pair in the chalet. Remember that for members of Porcupine Ski Runners, you may buy a membership to use only the snowshoe trails, but if you have a membership to ski, then that also gives you access to the snowshoe trails. If you haven't tried it, please do. It's an interesting variation to skiing.

Waxing Clinic

Lorne Luhta

I will be giving a series of clinics on waxing cross-country skis in January:

- 1. January 5, 7pm
Beginners
- 2. January 15, 7pm
Beginners
- 3. January 23, 7pm
Advanced

The beginners' clinics will include glide waxing for skate and classic skis as well as grip waxing for classic skis. There will be practical demonstrations as well as a hands-on session later for those who would like to practice. Participants can use their own skis or use skis that will be provided.

The advanced clinic will include the theory, use and application of

fluorocarbon glide waxes, fluoro powders and compressed fluoros. Base structuring will be discussed and demonstrated. Discussion on grip waxing in difficult conditions will be covered.

These clinics are free but you may be asked to make a donation toward a worthy cause. All clinics will be held at the Xstrata Copper Chalet at Porcupine Ski Runners.

Loppet

Mary-Anne Church

The PSR Master Skiers are planning the Loppet for Sunday, March 11, 2012. Challenge yourself to complete the 10km, 17km or 20km course. Jackrabbits can start with a 2km or 5km. Registration details will be posted in the new year.

This social event is a season highlight for skiers young and old, rookies and masters, bashful and boastful. Outdoor fitness enthusiasts of all levels can use the next 13 weeks to set their ski and fitness goals in preparation for this challenge. This is an opportunity to form a group of ski friends. Plan to ski together and track your kilometres on the board in the chalet.

Ski clubs across the province also hold Loppets and welcome participants. Check the

links on the website and watch for posters in the chalet for more information.

O-Cup Race

Greg Deyne

Planning is in full swing for the 2012 Ontario Cup Race hosted by the Porcupine Ski Runners on February 18, 19 and 20, 2012. Thanks to the trail preparation crew who did a little extra this year to brush cut a little wider. This was required to meet the technical requirement for a 6-metre trail width. We also constructed a nice new timing shack and we thank Home Depot for the generous donation of materials for this project.

We still need volunteers to help on race days. Anyone interested please contact Wendy Mairs at 264-6531 or Trish Gibson at 235-4238.

The committee infrastructure established to prepare for the race is identified below:

Event Organizing Committee



- Managers - Mike & Denise Kornell
- Venue Planning - Denis Brûlé
- Protocol and Hospitality - Vacant
- Finance - Cheryl Allard
- Athlete Services - John & Helen Labine, Kelleigh Manseau
- Volunteer Coordinators - Wendy Mairs, Trish Gibson, Tori Kullas

Event Competition Committee

- Chief of Competition - Greg Deyne
- Competition Secretary - Mary-Anne Church
- Chiefs of Course - Gerry Perreault and Ray Denis
- Chief of Stadium - Rick Demers
- Timing & Results - Rhys Lucas

For our club members, we regret that most of the trails, the chalet, the parking lot and the stadium area will not be available to the public. Members will still be able to ski by starting at South Porcupine or at Gold Centre. We regret this inconvenience but this is a major race and we appreciate your cooperation and understanding.

Ontario Trillium

Foundation Grant

Noëlla McNair

Porcupine Ski Runners acquired new trail grooming equipment thanks to a \$36,700 grant from the Ontario Trillium Foundation. OTF representative, Ron Leduc, presented a plaque to Mary-Anne Church, President of PSR, during the annual Open House/Ski Swap.

Gilles Bisson, MPP for Timmins-James Bay, Government of Ontario was unable to attend the presentation, but gave his congratulations along with this quote:

Porcupine Ski Runners

"Porcupine Ski Runners continues to be a recreational leader in the community. The club has always been front and centre in promoting health and fitness. Over the last few years, the ski runners club has received a number of grants that have helped to upgrade trails and build a new chalet. The new grooming equipment is another step forward."

The following is additional information that we

provided in the news release:

"Established in 1973 PSR has grown from a small cross country ski club of about 30 members to an annual membership of over 1100 members. Through the years the club has expanded its trail system to 30km of ski trails, has developed snowshoe trails, has built a new chalet and is now the second largest cross country ski club in Ontario.

December 2011

A leading grant maker in Canada, the Ontario Trillium Foundation, strengthens the capacity of the voluntary sector through investments in community-based initiatives. An agency of the Government of Ontario, OTF builds healthy and vibrant communities."

For more information about the Ontario Trillium Foundation, visit www.otf.ca.



Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

HAPPY
HOLIDAYS

