

# ***The Inside Track***

**A newsletter for members of the Porcupine Ski Runners**



## **President's Message**

*~Mike Kornell*

Snowy greetings to all skiers and snowshoers. As I am writing this message in mid-October there is a light snowfall occurring and an encouraging -2°C. My middle-aged bones are telling me that winter 2012-13 will be a longer season than last year, with more snow.

Welcome back to all returning members and also a warm hello to our new members. We welcome Geoff Sutton and Neal McNair as new directors to our board, and thank departing directors, Gerry and Noëlla McNair for their hard work and dedication to the Club since its early days. Our club is volunteer-run and is always looking for new talent and enthusiasm in all of our activities. The membership form has a volunteer indicator, or you may email me at [kornell41@gmail.com](mailto:kornell41@gmail.com).

Our club is entering its 40<sup>th</sup> anniversary year in 2013 so new initiatives and ideas are especially welcome. We will look to outline some events and activities in our next newsletter. This year, we will be introducing the Klistar Café, initiated and to be run by Kelleigh Manseau. The Olympic trail has been lengthened for this season under the direction and effort of Lorne Luhta. With our ongoing and expanded offering to our members, I am happy to report that our membership fees remain amongst the lowest in the province. Please join us for our open house and ski swap on November 17<sup>th</sup>.

## **Lockers**

*~Cheryl Allard*

Members interested in renting a locker for the first time may do so by contacting Cheryl. Each new locker rental includes an initiation fee of \$200.00 (payable in 4 yearly installments payments or lump sum) as well as the annual \$50.00 rental fee.

## **Fall Issue**

**October 2012**

**In this issue:**

President's Message  
Lockers  
Membership  
Ski Swap and Open House  
Facilities  
New Olympic Trail  
Fall Preparation  
PSR Ski Team  
Jackrabbits  
PSR Board of Directors  
Winter Chalet Hours

*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.

Thank you to those who contributed reports and information. Suggestions and comments from members are always appreciated.

Editor: Jennifer Bonsall

Box 250  
Schumacher, ON  
P0N 1G0  
[www.porcupineskirunners.com](http://www.porcupineskirunners.com)



## Membership

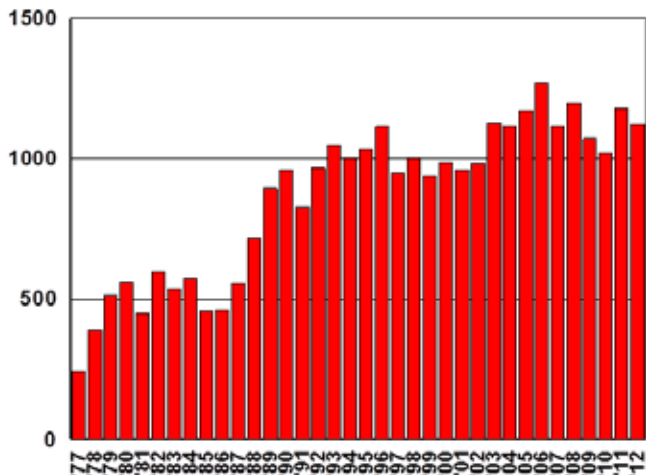
~Cheryl Allard

Porcupine Ski Runners is pleased to offer to its members the opportunity to complete membership registration either electronically through [www.zone4.ca](http://www.zone4.ca) or on paper. Zone4 is the secure website Cross Country Canada and Cross Country Ontario use for races, training and many clubs' membership registration. It has been utilized for many years. This on-line registration may be used for skiing, snowshoeing or lesson registrations.

Online registration for both general members and Jackrabbit families will be open on November 10<sup>th</sup>. There is a small standard processing fee of \$1.00/person and \$1.00/payment which will be added to your total cost. Electronic confirmation will be sent immediately following your successful registration. Assistance with completing this form as well as general inquiries for registration and locker rentals is available by contacting Cheryl at 705-288-1030.

Paper registration (Membership Registration Form enclosed) has not changed from past years with the exception of more details from Cross Country Canada detailing member insurance coverage. 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.

PSR prides itself on having some of the lowest fees in Ontario as well as some of the best groomed trails!



Membership graph from 1977 - 2012

Occasionally, it is necessary to increase fees due to unavoidable costs – mainly fuel for groomers and machinery. Most categories have seen a small increase this year. All posted fees include the HST and \$14/member liability insurance fee charged through our association with Northern Ontario Ski District, Cross Country Ontario and Cross Country Canada.

Membership cards will continue to be mailed to all members as proof of registration. It is suggested you keep this card with your skis to present to the chalet gate attendant if requested.

## Ski Swap and Open House

- John Labine

The Porcupine Ski Runners (PSR) Race Team is busy preparing for the annual PSR Ski Swap and Open House to be held on the weekend of November 17-18, 2012.

The ski swap provides individuals a great opportunity to purchase cross country ski equipment at a reduced cost, sell equipment that you are no longer using and/or have your skis waxed (nothing better than to start the season on a newly waxed pair of skis).

Any ski equipment that you wish to donate for the Race Team to sell will be greatly appreciated.

**Donations?** Email [psrrace@gmail.com](mailto:psrrace@gmail.com) for pick up prior to November 17<sup>th</sup>.

### Saturday, November 17 (9 a.m.-12 noon):

PSR will be accepting sale items and skis to be waxed. Note that items brought to be sold will be priced by the sale organizers and if an item is sold, 20% of the proceeds will go to the Race Team and 80% will be returned to the person who contributed the item.

### Sunday, November 18 (9 a.m.-12 noon):

PSR ski sale starts at 9 a.m. and door passes will be handed out starting at 8:30 a.m. Additional waxing service may be available.

Volunteers are needed to help set up, sell and wax. Please email John Labine at [psrrace@gmail.com](mailto:psrrace@gmail.com) for information and/or to volunteer.



## Facilities

- Jim Bielek

Gerry McNair, Gerry Perreault and I were busy making a number of additions and repairs to the building this summer. Gerry M's report to the Board sums it up:

- *General Site System Information Manual* prepared by Gerry Perreault & Gerry McNair has been completed.
- Light pole recognition plaques – we replaced one that was lost to vandalism and installed one new.
- Ski, pole & boot storage units have been expanded.
- A system for re-numbering rental skis & boots (due to the purchase of additional units) is in the planning stage.
- Ventilation vents on north-west side – we have installed wind barriers to prevent rain being driven into the attic during high winds.
- We have reviewed “as-built” drawings received from Cy Rheault Construction and up-dated a few items. One set of drawings is now stored in the office storage room and one set in the garage. All revised construction manuals have now been received and are stored in the office storage room.
- Patch & repair of chalet bumps and bruises (paint & ceiling tiles) is near completion.
- We have investigated electrical problems pertaining to the kitchen, security lights and air circulation fan. Modifications will be made.
- The internet problem has been investigated and is being resolved with NorthernTel.



*Photo courtesy of Claude J. Gagnon*

- We are investigating the installation of “cable” through the underground conduit. Should we wish to purchase a cable service, this installation is required and it cannot be done in the winter – without big expense.

### Additional Items

- Helen Labine, Colton Labine, Carol Lauzon, Dale Columbus, the two Gerrys and I spread and sloped crushed mine rock around the building to improve surface drainage.
- Neal McNair installed wireless transmitters for use of our Interac in both the rental room and office.
- Mike Bielek updated our rental rates chart in two sizes for use inside and outside the chalet.
- Kelleigh Manseau took care of coordinating our summer chalet rentals this year with several of us helping to open and close the building.
- Some new initiatives for this year include the sale of gift certificates through the office, ski waxing services, the sale of waxes and other accessories through the rental room and a regular kitchen operation at least four days a week as well as for some other special events.
- Claude Gagnon is hoping to streamline the reporting of trail conditions for the members primarily through the use of our events calendar and Facebook.
- Kelleigh Manseau has volunteered to run the “Klister Café”. She plans on opening on December 22<sup>nd</sup> and the focus will be on providing simple, healthy foods and snacks. Since this is a new venture, Kelleigh would appreciate feedback from the membership. Thanks for taking on this task Kelleigh—it will set up how to operate our kitchen in coming years.
- I plan to be one of Kelleigh's best customers as I will be back as Chalet Manager this year and Brent and Dennis will both be back doing the custodial duties and working in the rental room.
- We are in need of a used fridge, in good shape and a baby stroller that can be adapted for use on the ski trails. The Chariot, Cheetah 1 or 2 is the most popular brand name that's out there. We would be willing to pay a reasonable price for these items. If you know of one that is available, call me at 705-235-8355.



## **New Olympic Trail**

*- Lorne Luhta*

Due to the new haul road that was proposed by Goldcorp Porcupine Mines Ltd., access to the 5 km loop past the 2.5 km Lorne's Loop of the Olympic Trail became inaccessible. Also a part of this loop was destroyed by a forest fire and subsequent logging. After discussions with Goldcorp, we agreed that the company would pay for the cutting and the levelling of a new trail and this trail would be laid out by our club. After much reconnaissance work, we flagged a loop last year on property owned by Goldcorp but because of the difficult terrain and the limited space available there was only enough room for a 3.5 km loop. The new trail was cut by a chipper late last fall but was not ready for skiing due to the rough ground. Late this summer, an excavator with a rock breaker was used for over 2 weeks to smooth the trail and we installed seven culverts.

We have named this new 3.5 km section of the Olympic Trail the Goldcorp Loop in recognition of the generous support of Goldcorp Porcupine Mines Ltd. The total distance of the Olympic Trail (Lorne's Loop plus the Goldcorp Loop) will be 6 km. I believe that skiers using this loop will find it quite enjoyable and challenging.

Also this fall the excavator with the rock breaker was used to repair some rough spots on parts of the Blue, Red and Junior Olympic Trails.

## **Fall Preparation**

*- Gerry Perreault*

The trail brush cutting and removal of downfall started the first weekend in September and is now 90% completed. Thanks to our leader and organizer Ray Denis, along with all of the others that assisted. The following is a list of dedicated helpers:

Richard Demers, Robert White, Mike Columbus, Lorne Luhta, Greg Deyne, Cheryl Allard, Dale Columbus, Jim Litt, Al Thorne, Alan Heino, Mike Kornell, Bob Boisvert, Robert Coderre, Dave Kapias, Brad Fennuk, Rene Lacasse, David Golinowski, Ron Toivanen, Ray Denis, Gerry Perreault. Rob White was a great help using the club equipment (Bush Hog) during the week to really gain on the weekend work and shorten the time usually required.

Germain Lauzier will be putting up signs and I hope he manages to get help somehow. We still have maintenance to do until such time as we have enough snow to ski, so stay in touch with Ray Denis (705-267-0433) or Gerry Perreault (705-264-6939) if you have free time on Saturday mornings. Don Sutton will soon be checking and making sure all of our trail lights are operational.

Dave Stiles completed the equipment checks and maintenance in the spring on all of our major pieces of equipment. Presently we are doing final adjustments and some modifications on all of the new equipment we got last season but as we all remember the snow disappeared so quickly that we did not get a chance to fully utilize them. We are ready for snow.

## **Junior Race Team (High School Students)**

*- John Labine*

Porcupine Ski Runners is pleased to offer high school students the opportunity to improve their Nordic skiing with the possibility of competing at provincial and national levels. The PSR Junior Race Team has been successful over the years at the provincial and national level. Junior race team members consist of Jessica Demers (Ontario Nordic Race Team) and Colton LaBine (Ontario Development Race Team). Both of these racers qualified for Canadian Nordic Nationals in March 2012. New skiers interested in racing are welcome. For further information email John Labine at [psrrace@gmail.com](mailto:psrrace@gmail.com).



## Jackrabbits

- Mireille Fortier, Jackrabbits coordinator / Coordonnatrice du programme Jackrabbits

As the snow starts falling, we need to start planning another season of skiing for our little ones...

Our Jackrabbits program consists of three categories. Bunnies are those under the age of 5—Mom or Dad will need to accompany them. Then we have 3 levels of Jackrabbits, and for the older ones: Track Attack!

In order to assure a fun season of learning, we need coaches to assist these children. Anyone interested in sharing their knowledge and abilities can contact myself or Kelleigh at [psrjackrabbits@gmail.com](mailto:psrjackrabbits@gmail.com). As a parent, I appreciate the dedication of those coaches that have been and are still there for my children. Great work coaches!

Registration is available from November 10<sup>th</sup> - 17<sup>th</sup>. Simply go to [www.zone4.ca](http://www.zone4.ca), find Porcupine Ski Runners Cross Country registration and follow the instructions. There is a small standard processing fee of \$1.00/person and \$1.00/payment which will be added to your total cost. The fee for Jackrabbits will be \$35/child. Note that your child must be a paid member of PSR - either as part of a Family membership or as a Student member. If he or she is new to the JR program, please email me with your child's skiing ability (i.e., number of years skiing).

For those wishing to rent ski equipment, you need to come by the Xstrata Copper Chalet either Saturday, November 17 or Sunday, November 18 from 9 a.m. - 4 p.m. for fitting and to pay the rental fee (\$27 for 10 sessions).

Again this year, we will offer Jackrabbits dryland training for ages 7 and up (who are registered in the JR program). This fun training will run Sundays from November 18<sup>th</sup> to December 16<sup>th</sup>, 2012 from 1:30-3:00 p.m.

The Jackrabbits skiing sessions begin Sunday, January 6, 2013 at 1:30 p.m. and continue until Sunday, March 10.

Jackrabbits has a new email address:

[psrjackrabbits@gmail.com](mailto:psrjackrabbits@gmail.com).

For more info, or to volunteer, that's the place to go.

Remember, Cross Country Skiing is a sport for life, starting children early will assure a healthy and strong cross-country community!

Avec l'arrivée de la neige, on doit préparer la saison de ski pour nos tout-petits...

Le programme des Jackrabbits compte 3 catégories. Pour les plus petits il y a les Bunnies (moins de 5 ans). Ils doivent être accompagné d'un parent. Ensuite il y a 3 niveaux de Jackrabbits, et pour les plus vieux : Track Attack !

Ainsi, nous avons besoin d'entraîneurs. Ceux et celles qui sont soit qualifiés ou intéressés à le devenir, SVP communiquer avec Kelleigh ou moi-même au [psrjackrabbits@gmail.com](mailto:psrjackrabbits@gmail.com). En tant que parent j'apprécie énormément le dévouement des entraîneurs qui ont été ou qui sont là pour mes enfants. Beau travail!

L'inscription se fera du 10 au 17 novembre prochain. Simplement aller à [www.zone4.ca](http://www.zone4.ca), trouver Porcupine Ski Runners Cross Country et suivre les directives. Le coût comprend 1.00\$ pour chaque personne inscrite ainsi que 1.00\$ par paiement. Ce montant sera ajouté au coût total de votre inscription. Les frais Jackrabbits sont de 35\$ par enfant. Veuillez noter que votre enfant doit être un membre du PSR – soit famille ou étudiant. Si vous inscrivez votre enfant pour la première fois, SVP m'envoyer un courriel afin de m'indiquer son niveau d'habileté.

Si vous désirez louer de l'équipement, rendez-vous au Xstrata Copper Chalet soit samedi ou dimanche, les 17 et 18 novembre entre 9 h et 16 h. L'ajustement se fera à ce moment-là. Les frais de location sont de 27\$ pour 10 sessions.

Encore cette année, nous offrons l'entraînement sur terre ferme (dryland) pour les jeunes de 7 ans et + (enfants inscrits au programme JR). Celui-ci commencera dimanche le 18 novembre – 13 h 30 à 15 h – et se terminera le 16 décembre.

Les sessions de ski commenceront le dimanche 6 janvier 2013 à 13 h 30 et se termineront le 10 mars.

Pour de plus ample renseignements, ou pour offrir vos services aux Jackrabbits, rendez-vous à notre nouvelle adresse : [psrjackrabbits@gmail.com](mailto:psrjackrabbits@gmail.com).

Pensez-y: le ski de fond est un sport pour la vie, y introduire nos enfants tôt assurera une communauté de ski forte et en santé!



## PSR Board of Directors 2012-2013

We have a wonderful group of talented individuals to help within our organization this year. Thank you to all of you for your time and dedication.

**President:** Mike Kornell  
**Past President:** Mary-Anne Church  
**Vice President:** Lorne Luhta  
**Secretary:** Paula Paquette  
**Treasurer:** Bev Beaven  
**Membership:** Cheryl Allard  
**Communications & Publicity:** Claude Gagnon  
**Trail Development:** Lorne Luhta  
**Equipment:** Gerry Perreault  
**Trail Maintenance:** Germain Lauzier  
**Trail Lighting:** Don Sutton  
**NOD Representative:** John Labine

### Directors at large:

Dale Columbus  
Greg Deyne  
Neal McNair  
Jeff Sutton

### Non-directors:

**Chalet Manager:** Jim Bielek  
**Jackrabbit Coordinator:** Mireille Fortier  
**School Coordinator:** Rosemarie Lessard  
**Klister Cafe:** Kelleigh Manseau  
**Newsletter:** Jennifer Bonsall

## Winter Chalet Hours

During the winter season, the chalet will be open from 8:30 a.m. until 9:00 p.m.

Please remember that the lights on the trails go out at 9:00 p.m. every night.

Don't forget to visit our website and check us out on Facebook for updates throughout the season.



*Photo courtesy of Claude J. Gagnon*