

The Inside Track

A newsletter for members of the Porcupine Ski Runners



Presidents Message

Mike Kornell

As I am writing these snow-inducing comments in early December, it has been raining and Timmins, along with many parts of the province, has had record high temperatures. The early snow cover on our trails is gone leaving eager skiers with rock skis in hand. My daughter, Kristen (11), says that my snow dance is not working because I am not a good dancer. The hope is that we will have our trails open before the Christmas week and that my dancing is finally successful.

We encourage you, our members, to take the opportunity to record your skiing distances on the kilometre chart in the chalet as you enjoy the trails on a regular basis. The more you ski, the more turkey you can have over the holidays. For visitors, our rental shop has both classic and skate skis as well as snowshoes. These rentals may also give members the opportunity to try something different – such as skate skiing – without having to buy the equipment.

The date for the Porcupine loppet has been set earlier than most years, Sunday, February 17, 2013. Greg Deyne has kindly volunteered his great expertise to lead the loppet planning. Volunteers, please contact Greg (deyne@vianet.ca) as there is much work to be done to prepare for the loppet. Bring out your family and friends to participate in this season's loppet. I would also like to highlight the other neighbouring loppets as fun events. The Temiskaming Loppet (<http://www.temiskamingnordic.ca/calendar-of-events>) is being held on February 10th and the Hearst Loppet is on March 3rd (<http://www.nt.net/skihearst/index.html>). These loppet events vary from a few kilometres for the younger skiers and up to about 20 km for those seeking a bigger challenge. Let's boost the Timmins/PSR contingent with attendance at these events.

We will also be hosting some waxing clinics and 'learn to ski' events. Additional information is included in this newsletter and they will be advertised on our website, Facebook site and local media.

**The PSR directors wish all club members
a safe and healthy holiday season.**

www.porcupineskirunners.com

Winter Issue

December 2012

In this issue:

President's Message
Chalet Promotions
The Information Trail
Ski Waxing Lessons
Membership
Loppet
Nordic Centre Final Report
Schools / Écoles
Midget Race Team
Snowshoe Trails
Klister Café
Family Day
Jackrabbits

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.

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Chalet Promotions

Jim Bielek

The staff at the chalet consists of myself, Brent and Denis and we all work on a part-time basis.

When the ski and snowshoe season are in full swing, the chalet will be open from 8:30 a.m. to 9:00 p.m. seven days a week and our regular times for rentals are Thursday and Friday from noon to 7:00 p.m. and Saturday and Sunday from 10:00 a.m. to 7:00 p.m. Sometimes we expand these times for rentals to accommodate groups or special occasions. On the other hand – adverse weather or trail conditions may shorten these hours.

We'll be posting the office hours on the website: www.porcupineskirunners.com in the Events Calendar.

We have some new initiatives for this season that may be of interest to you or to someone you know:

Gift certificates

Gift certificates are now available at the office. If you wish to give a gift of a membership or a rental package, speak to Jim and he will provide you with a gift certificate for the specific item.

Klister Cafe

Kelleigh Manseau has volunteered to run the "Klister Cafe". She plans on opening on December 22nd and the focus will be on providing simple, healthy foods and snacks. Since this is a new venture, Kelleigh will appreciate feedback from the membership.

Bringing Out the Midday Skiers

We will conduct an introductory ski tour on Wednesdays at 1:00 p.m. for new-to-us skiers during the first four weeks of the skiing season. We will offer a half price deal for day fees with the convenience of renting equipment at the chalet. The tour will include a 1-3 km ski to become more familiar with our trail system, the equipment and skiing. Be sure to check for updates on the website calendar and also for pricing. Call ahead if you are coming as a group and we'll arrange to have more volunteers on hand to help out.

Ski Waxing Service

We will be offering a waxing service for glide wax. A quick wax can be done the same day using a fluorglider wax for a \$5 fee. This covers conditions from +2 to a low of -20 and will last for up to 25 km depending on trail conditions. We'll also provide a hot wax for \$15. A hot wax can last up to 80 km. We supply the wax. You would have to leave your skis in the rental room with us for 2-4 days. The best bet would be to hand them in on Sunday and get them back by Tuesday. We could put them in your locker if you have one. There will also be a wider selection of waxing supplies offered for sale in the Rental Room.

A Win, Win, Win Situation

Porcupine Ski Runner members are invited to sponsor new skiers or snowshoers to visit and take advantage of our facility. Cut out the coupon below and pass it on to someone you know who might be interested in trying out cross country skiing or snowshoeing. The coupon must be signed by the sponsor (that's you) and it will entitle the holder to a half price discount for the day fee with the convenience of renting equipment. This offer is valid until January 27, 2013 during regular rental days as posted on our website calendar. When the coupon is used, sponsors' names will be checked against our master members list and, as a thank you for helping, the sponsor's name will be put in a draw to be held on January 28, 2013 for three separate prizes of a free hot wax using our new waxing service.



Sponsor's Coupon

Come out and explore Timmins' best kept secret, the winter playground that is Porcupine Ski Runners.

To: _____ Date: _____

Sponsor's Signature: _____

Offer valid until January 27, 2013



Join the “Information Trail”

Claude Gagnon

PSR is proud to have a user friendly website, filled with everything you need to know about Porcupine Ski Runners.

Want to check the temperature before you go out and ski? Check it out on our home page.

Want to see a map of all of our trails? It's on our website.

Want to know about upcoming events and office hours? Check it out on our Events Calendar.

Want to know about rental prices, hours of operation, programs and clinics?

Again, it's all on our website.

This year, we hope to interact more with our members through our FACEBOOK page. We hope that whoever goes out skiing in the morning will indicate their experience on Facebook. Let us know about trail conditions, the wax you used, was it good or not, areas of hazards or concerns, what to wear, etc... Let's keep each other informed. If you have friends who are interested, please invite them to join our group. The more you participate, the more you will benefit.

You can get to our website at www.porcupineskirunners.com. From there, you can easily access our Facebook page. Yes, with modern technology at our finger tips, there is no reason for not being fully informed. Your comments are welcome.

www.porcupineskirunners.com



Ski Waxing Lessons

Lorne Luhta

Porcupine Ski Runners waxing guru, Lorne Luhta, will be teaching waxing on Wednesday, January 9th, and Wednesday, January 16th in the Xstrata Copper Chalet. **This learning experience is provided free of charge.**

LEARN TO WAX

Wednesday, January 9th

Start Time: 7 PM

- The first session will cover
- Basic waxing fundamentals for classic and skate skis
 - Glide waxing for classic and skate skis
 - Grip waxing for classic and skate skis

ADVANCED SKI WAXING

Wednesday, January 16th

Start Time: 7 PM

- The second session will have a
- Discussion on the use of Fluoro waxes
 - Demonstration on the application of compressed Fluorocarbons, Fluoro powders, and Fluoro liquids
 - Ski base structuring
 - Discussion on grip waxing in difficult conditions

www.porcupineskirunners.com



Membership

Cheryl Allard

Welcome to a new season of skiing and snowshoeing. Hopefully you will have had a chance to hit the trails by the time this letter reaches you. Memberships have been coming in steadily and as the new volunteer for membership processing, I am seeing so many returning members and new families to the club. Your membership cards and receipts should be sent to you approximately one week after receiving your registration. This does not mean you cannot ski or snowshoe before receiving your membership card – attendants can confirm your registration if your card is in the mail.

Lockers for ski storage are available for members to rent. To rent a locker there is an initiation fee of \$200 as a one time fee, but this may be paid in 4 yearly instalments. The yearly rental fee is \$50.00. Anyone interested in renting a locker may contact me at skiingtim@live.com.

If you haven't already registered, you may now register electronically at www.zone4.ca or visit our website www.porcupineskirunners.com to print a copy of the application form. Membership applications with payment by cheque may be mailed to Box 250, Schumacher, ON P0N 1G0 or dropped in the mail slot at the office in the chalet. Payment by credit card is possible at the chalet office when the chalet manager is on duty. If you have questions or want an application form forwarded to you, please call me at 705-288-1030.

Loppet

Greg Deyne

Skiers and snowshoers! Set aside Sunday, February 17th, for this year's PSR Loppet. While some will choose to race, for most this is a social event where outdoor fitness and fun is the theme. Provided we have the snow, the plan is to incorporate the new Olympic trail into the Loppet course this year. As in the past, there will be a variety of courses and distances to challenge yourself no matter your age or skill level. There will be awards for the most participation by a school, business or work unit, so start recruiting team members to join in on the fun. **Registration details will be posted in the New Year.**

Nordic Centre Final Report

Gerry McNair

The last payment for the Nordic Centre Project was made in November, 2012. We officially took possession of the building in February 2010, but it is only now that we consider the project closed. The planning and implementation of the project to its finality took about 10 years and in this final report for the project we again recognize the key people who made it happen.

Committee Members

Roy Baumgart	Jim Bielek
Dale Columbus	Trish Gibson
John Hardy	Sue Kaczmarek
Larry Labelle	Diane Luhta
Lorne Luhta	Dave Mader
Yvan Massicotte	Gerry McNair
Noëlla McNair	Gerry Perreault
Grant Tunncliffe	Nan Tunncliffe

Also Stan Kaczmarek who acted in an advisory capacity in the early planning.

We paid architects, engineers and contractors to get the job designed and built, but raising the funds to pay for it all was the work of volunteers. As such, we especially note our Fund-raising co-Chairs Noëlla McNair and Nan Tunncliffe, Auction Administrator Diane Luhta, Auction Team Leaders: Jim Bielek, Trish Gibson, Paul Kleinhuis, Sarah Campbell Luhta and John Hardy.

Summary of Revenue and Expenses for the project:

Years	Revenue	Expenses
2000-05	15,283	1,500
2005-06	145,600	14,970
2006-07	84,030	27,881
2007-08	107,268	39,750
2008-09	44,700	26,264
2009-10	766,543	1,433,640
2010-12	610,724	213,312
Totals	1,774,148	1,757,317



Schools

Porcupine Ski Runners encourages school groups to take advantage of our facilities to encourage physical activity for students. Rosemary Lessard is our contact person for this program and school organizers may contact her at Centennial Public School or email rosemary.lessard@dsb1.edu.on.ca. If a school wishes to organize an after school weekly outing for students to ski or snowshoe, contact Rosemary to reserve a day because there is a limit to how many school groups can come on any given day. Groups may also be organized for one day outings. We have a program to rent skis or snowshoes to students at a special rate if the participants do not have their own equipment.

Midget Race Team ~Mike Kornell

A midget race team is being formed this season. The age range is 9-12 with planned attendance at local loppets, the O-Cup race in Walden and the provincial midget championships. There will be practices on Tuesdays, Thursdays and Sundays. The focus is on learning efficient classic & skate technique while keeping it fun. We will provide updates on the Facebook page. Long-time coach, Lorne Luhta is being joined by Mike & Denise Kornell in providing the programming. If you have a youngster who might be interested, Mike can be reached at kornell41@gmail.com

Snowshoe Trails ~Larry Labelle

Check out our snowshoe trails. We have 6 km that vary from flat, to hilly and technical. The trails are narrow, winding and beautiful.

Snowshoeing is great cross-training for cross-country skiing, running and just about any other sport. But snowshoe racing is a sport in itself. So for anyone who wishes to give it a try, there will be a snowshoe component to the 2013 Loppet. For those who want to participate but not race, perhaps accompanying their children or grandchildren, there will be a 1.25 km snowshoe Loppet. Go out, have fun, relax, enjoy lunch and the festive atmosphere. If you want to try a snowshoe race, this year there will be a 40 km – sorry misplaced the decimal – 4.0 km race with lots of hills (just kidding). Start training now. If you don't have your own snowshoes, rent them at the chalet.

Remember if you are a skier, this is harder than skiing and so great cross-training. It is also an alternative for those days that are too cold for skate skiing. If you just want to slow the pace down and enjoy the scenery these are the trails for you.

Écoles

Vous désirez rehausser le bien-être de vos élèves? Porcupine Ski Runners vous invite à venir explorer nos installations et découvrir plusieurs moyens d'augmenter l'activité physique des étudiants. Cette année, la personne contacte pour le programme scolaire est Rosemary Lessard, Centennial Public School et son courriel est rosemary.lessard@dsb1.edu.on.ca. Pour planifier vos activités de ski et / ou de raquette s.v.p. contacter Rosemary pour éviter des conflits avec les autres écoles intéressées. Vous avez aussi accès au club pour des sorties d'une journée. N'oubliez pas que la location d'équipements est aussi disponible à un taux spécial pour les étudiants.

Klister Cafe ~Kelleigh Manseau

The Lunchtime Potlucks have been planned, the Moonlight Ski Night has been booked, Loppet and Racing Rock dates have been saved, Morning Brunch, Soup, Sandwich and Indulgence ideas have been pinned on Pinterest. We are ready and waiting. When enough snow to ski and snowshoe finally arrives, the cafe door will open, hopefully before the New Year.

Family Day

Family Day is Activity Day at Porcupine Ski Runners. February 18, 2013, we will invite the public to visit our club to discover our trails, our facilities and our programs. Reduced rates for rentals. Refreshments will be served. Club members can be a part of it and pass the word to your friends, especially if they have never tried cross-country skiing or snowshoeing.



Jackrabbits ~Mireille Fortier

Let it snow, let it snow, let us ski! The absence of snow does not stop our Jackrabbits from going out and having fun at the chalet. Dryland training started November 18th. As you can see in the photo, the kids have a great time with Kelleigh and Cheryl. Those farmer's skis are a true group challenge!

We have 42 Jackrabbits and Bunnies registered and eager to attack those trails come Sunday, January 6th. We would like all to come at 1:15 (or earlier if you need to get your rental skis). The coaches will start lessons at 1:30.

For those renting skis – you must come before January 6th for sizing. There will be no fittings done that day.

A great part of the JR program is snack time. Each child loves to come in after hard work and warm up to a creamy hot chocolate and a great treat! As we have done in the past we will be asking parents to volunteer in the Klister Cafe. This means helping with serving the snacks and with cleaning up. Healthy treats would also be appreciated! We will have a list so you can select which days you can help. You can also contact me at psrjackrabbits@gmail.com and I can reserve that date for you! The smiles on the kids' faces when they get those goodies are a definite thank you for your efforts.

This season we are planning two special events. Mark your calendars for Racing Rocks on February 9th, and our Family Day (last day of lessons) on March 10th. Bunnies and Jackrabbits will be thrilled to join in the fun. More details soon!

Happy Holiday season to all!



Ah ! si la neige peut neiger!! Même sans neige, rien n'empêche nos petits lapins de s'amuser...

L'entraînement sur terre ferme (dryland) avec Kelleigh et Cheryl est commencé depuis le 18 novembre. Comme vous pouvez le constater, on s'amuse bien en skis de fermiers – tout un défi de groupe!

L'inscription est terminée. Nous avons 42 Jackrabbits et Jeannot lapins (bunnies) qui sauteront sur nos pistes dès le 6 janvier prochain. N'oubliez pas de vous rendre vers 13 h 15 (ou plus tôt si vous louez votre équipement). Les entraîneurs commenceront à 13 h 30.

Pour ceux et celles qui désirent louer, les skis et les bottes doivent être ajustés avant le 6 janvier. Nous ne pouvons pas vérifier les grandeurs cette journée là.

N'importe quel Jackrabbit vous dira que le goûter est très important dans notre programme. Après avoir travaillé fort dans le froid du Nord, un bon chocolat chaud et une grignotine sont une bonne récompense. Comme par le passé, nous demandons aux parents de collaborer dans cette mission du Klister Cafe. Il s'agit d'aider à servir et à nettoyer, ou encore d'apporter des goûters-santé pour les petits. Nous aurons une liste afin que vous puissiez sélectionner les dates qui vous conviennent le mieux, ou encore vous pouvez m'écrire au psrjackrabbits@gmail.com pour réserver votre date. Le sourire des enfants en dit long sur l'appréciation de ces goûters.

Deux événements spéciaux sont prévus pour cette saison. Assurez-vous de réserver le 9 février pour le Formule 1 et le 10 mars pour notre journée familiale (dernière journée de leçon) -- deux activités excitantes pour nos petits Jeannot lapins et Jackrabbits! Les détails suivront bientôt.

Joyeuses Fêtes !!!