

The Inside Track

A newsletter for members of the Porcupine Ski Runners



President's Message

~Mike Kornell

Another very enjoyable, albeit cold at times, ski season has come to an end. Our rentals were available until Easter weekend, and the trails were open until mid-April.

PSR continues to have one of the best ski and snowshoe trail systems in Ontario. Every year, we see more out-of-town visitors on our trails, especially early and late in the season, when other areas have lost their snow base. For our members, I would encourage more use of the trails after the March Break, as the sunny days make for a great outing.

As well, our trails remain available for hiking and pole walking throughout the off-season. The ski trail maps are not at the junction points in the summer, so normal precautions should be taken.

The club continues to evolve and improve with added trail development and a new winter playground being constructed in the summer months.

Thank you to our tireless groomers and all volunteers, who continue to make PSR a vital part of our community.

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Spring Issue

May 2015

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

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

Editor: Jennifer Bonsall

Porcupine Ski Runners Annual General Meeting

Tuesday, June 9, 2015 @ 7:00PM

Xstrata Copper Chalet @ Porcupine Ski Runners

All members are invited to attend.

Box 250
Schumacher, ON
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www.porcupineskirunners.com



Membership

~Neal McNair

We had a total of 1,093 members join the club this season, which is an increase of 50 from last season. This is good, but minor fluctuations happen from year to year, and as long as we stay in the 1,000+ range we feel we are doing well. In the table below you will see a breakdown of the membership data. Membership fees are by far our largest revenue source, and we appreciate each and every one of you who joins the club. I would also like to make a point of thanking the 170 members who made cash donations to the club when joining this year. Individual donations ranged from \$10 to \$500, and added up to \$4,850 in total. Those funds were used to offset the cost of our new groomer. When you consider the fantastic trail conditions we had this season, I think you will agree that it was money well spent!

The online registration system worked very well, with 68% of our membership registering online. We received only positive feedback on the system, and it will be in place again next season.

Membership category	# of memberships	# of members
Family with kids	129	522
Family, two adults	78	156
Adult	174	174
Senior	94	94
Student	71	71
Family Snowshoe	16	49
Adult Snowshoe	14	14
Senior Snowshoe	12	12
Student Snowshoe	1	1

This was a good year for locker rentals, as we had 37 new requests for lockers and ended up with 176 lockers rented out of the 192 that are available. If you had a locker this season, it will be held for you next season until December 31st, meaning you will have to purchase your membership before the new year in order to keep your claim to your locker. If you do not plan to renew your locker, please let us know as soon as possible, and be sure to remove your equipment. We also encourage all our members to remove their equipment for the off-season as we cannot be held liable for any loss or damage that may occur.

Facilities

~Alan Heino

In our fifth season with the Xstrata Copper Chalet, we continued to manage our facilities well. The two largest events held at our facilities this year were: Ontario Cup #4 (O-Cup) Nordic Championships and the Loppet. Approximately 125 competitors for the O-Cup attended the event plus a large delegation of coaches and volunteers. Needless to say the chalet was very busy for the three-day event held from February 27 to March 1. This event was very successful, and proved again that our facilities are as good as any in the country.

In addition, we had about 100 competitors participate in our Loppet held on March 22nd. Our chalet was particularly busy with all the participants, their families and friends during lunch and the remittance of the prizes to all those present—well deserving indeed.

For our day-to-day operations, we expanded the hours for both our chalet manager as well as the rental room staff. Equipment rentals have continued to grow in popularity and allow many people to experience our trails for the first time, whether it's cross-country skiing (classic or skating), or snowshoeing. We were fortunate to have Mark Toffanello prepare lunches at the chalet during two weekends: Saturday and Sunday of the Family Day weekend, as well as for our Loppet.

We continue to make the PSR chalet available for off-season rentals and have already secured some bookings. The PSR chalet can offer the ideal setting for various activities such as a meeting, day camp or other special events. Details on renting the facilities during off-season can be found on our website at: www.porcupineskirunners.com/offseason.

I would like to take this time to thank the members of our Facilities Committee: Gerry Perreault, Gerry McNair, Ray Denis and Jim Bielek, as well as all of our staff for their contributions in managing the facilities in a first class manner.



Equipment and Trails

~Gerry Perreault

What a fantastic season for good quality trails and early start. Do we all forget how wet and soggy everything was in the fall of 2014? Yes, there was water like we had not seen before especially on the lower trails. Yet on November 11th, the snow came early and with cold temperatures the trails were open and kept that way except for two days of rain. Unfortunately the month of February saw brutal cold and also very windy days but all in all, this did not discourage too many.

We were fortunate in having regular dedicated members to do the trail grooming and track setting. Thanks to Ray Denis, Greg Deyne, Rob White, Denis Brûlé, Germain Lauzier, & Gerry Perreault.

We did experience some mechanical failures and breakdowns. Thanks to Dave Mairs, Claude Castilloux and Rick Demers for their help with this and Dave Stiles also helped us when we called him. We also got assistance from GORF Contracting on some fabrication of parts.

Now for our new-to-us groomer, the 2006 PISTEN BULLY. It was delivered in early December and with the help of Ambrose Raftis from Englehart, we managed to learn some of its features. We did hold a training session for those interested and although it is always difficult to plan and arrange for hands on training, we have Ray Denis who is most familiar with the unit and Rob White who is able to operate the groomer. We certainly saw an improvement in the surface quality that we get from the tiller design on this machine and also the track quality. We hope to get more people trained to operate the new machine as we get more familiar with the unit.

Presently, the end-of-season equipment checks are being done on all our equipment. The 'Ginzus' require new wiring. These are the smaller trail grooming machines that we use mainly for surface renovating and track setting. The larger units require spring checks and inspection and some work is required on the tracks of the BR400+. We hope to be able to get this done in house. Some modifications are planned for the Pisten Bully track setting system. We are also completing inspection and maintenance of the Brush Cutters in order to be ready for the fall.

Enjoy your summer and remember that we will need volunteer help in September and October to prepare the trails for next season.

Proposed Youth Ski Playground

~David Vodusek

Porcupine Ski Runners will have something new for our young skiers next season. The construction of a ski playground will provide our youth, aged 4 years and up, with a fun place for skill development.

Anyone interested in joining a playground sub-committee can email David Vodusek at psrrace@gmail.com.

Proposed PSR Playground



Summer Chalet Hours

During spring, summer, and fall the chalet does not have regular hours of operation.

For assistance call:

Gerry McNair	705-264-9093	cell: 705-266-4213
Neal McNair	705-267-2820	cell: 705-363-7719
Alan Heino	705-264-9107	
Gerry Perreault	705-264-6939	cell: 705-363-7716
Jim Bielek	705-235-8355	
Ray Denis	705-267-0433	cell: 705-365-7670



Personnel Report & Family Day at PSR

~Alan Heino

As a first year board member for PSR, I found the experience challenging and enjoyable. I began as a Personnel Director and shortly after added in the Facilities Director role.

As some of you may know, PSR hired Jane Mulcair as our Chalet Manager in November 2014. Jane quickly met our expectations for managing the chalet and training and supervising her hired staff: Brent – our maintenance worker/rental room attendant, Kaylee – our rental room attendant, Jesse and Sarah – our gate attendants. Throughout the season, with the help of volunteers and staff, PSR held numerous activities such as: the daytime and after-school programs held from January 5 to March 26, Family Day on February 16, the Loppet on March 22, and the O-Cup held during the weekend of February 27-March 1. During the season, Jane also recruited volunteers as needed, particularly for the after-school programs and for the rental equipment room on weekends. To this effect, interested members who want to lend a helping hand are always welcome.

Jane and her staff easily adapted to the challenges arising from the unexpected early onset of the 2014-2015 ski season; promptly beginning November 12, 2014, and successfully wrapping-up their duties by April 16, 2015. Furthermore, PSR is grateful to Jane for the dedication shown through her many volunteer hours that she has contributed over and above her required duties, as well as her initiative and her leadership.

Also, I would like to thank Jim Bielek for his assistance in orientating our staff and me to the chalet start-up activities, as well as recruiting volunteers for the Family Day. Again this year, PSR continued with its annual “Half Price Rentals” Family Day promotion. Although the number of members and day pass users/equipment rentals was fair, they were lower than expected on account of the weekend’s frigid weather, which extended into the late morning of Family Day.

In closing, I would like to take this time to thank Mike Kornell, Neal McNair, Gerry McNair and the rest of the board/committee members for assisting me in my new roles, as well as the PSR staff for their full cooperation throughout the season.

2014-2015 Financial Summary

~Beverly Beaven, Treasurer

Before the winter season began, we were able to purchase a new-to-us groomer using the funds that we had saved along with your donations. We were also able to sell one of our older groomers. The groomer cost roughly \$140,000 and we were able to use donations of \$11,000 towards the purchase.

Another project that we started during the year was repairs and upgrades to our lighting system around the trails. This is an ongoing project and we have already spent \$7,000 on this project with more work to take place this summer.

Our fiscal year is from June 2014 to May 2015. The following information is from June 2014 to March 2015. Most of the income and expenses are received and reported for our fiscal year.

Revenue	Membership	84,559
	Rental equipment	17,384
	Day Fees	13,107
	OCUP	11,974
	Lockers	9,504
	Other	8,871
	Loppet	2,646
	Jackrabbitt	2,590
	Groups and Schools	1,195
	Chalet rentals	1,851
	Kitchen	1,631
Total Revenue		155,311
Expenses	Insurance	23,582
	Payroll	17,108
	Utilities	16,742
	Trails maintenance	11,474
	Administration and office	9,261
	Property taxes	5,864
	Chalet supplies and repairs	5,003
	OCUP	4,353
	Jackrabbitt	1,471
	Other	1,319
	Loppett	970
Total Expenses		97,147
Revenues less expenses		58,164



Gone but Not Forgotten

~Diane Luhta

Noella McNair was a builder. As a lifelong resident of Timmins she demonstrated her belief in contributing to her community by building in many ways, more than I may know. Noella built a family with her four children. She helped build music by being involved for many years in the Music Festival. She taught secondary school and helped to build a future for her students. Noella worked at Northern College, became President, and helped to build a future for post secondary students. She served on the Venture Centre Board building opportunities for workers. Noella loved to ski and she was instrumental in securing funding for the building of the Xstrata Copper Chalet. The Porcupine Ski Runners is a better place because of Noella. We will miss her.

35th Annual PSR Loppet

~Lorne Luhta and David Vodusek

The 35th Annual PSR Loppet took place on March 22nd with 95 skiers braving the cold temperatures to take part. Originally scheduled for February, the event was postponed due to frigid temperatures that warmed only slightly to allow the event to go forward in March. Despite the colder than average temperatures, event organizers were very pleased with the attendance and out-of-town participants.

Special thanks to our main sponsor Davidson de Laplante Insurance and to Goldcorp for their donations to the Loppet. Also thanks to draw prize sponsors Lorne Luhta Ski Sales and Royal Bank (RBC). Our appreciation is also extended to Tim Hortons for the donation of hot beverages, as well as to Mark and Mary Toffanello who gave their time to make a fantastic chili lunch. Finally, a special thank you to our 22 dedicated volunteers who helped make this event a huge success.

The Loppet will continue to be a fundraiser for the club and this year's revenue will be used towards the recent purchase of our groomer. The organizing committee welcomes your feedback on the Loppet to assist us in making this event even better next year.

A full list of the Loppet results can be found on our website at: www.porcupineskirunners.com/loppet

1000 Kilometre Challenge 2015

~Lorne Luhta

Since 1984 skiers have been recording the distance they skied per season on the 1000 Kilometre Board. Almost 200 different skiers have skied over 1000 km in one season over the 31 years. The peak was in 1996 when we had 56 skiers achieve that distance.

This season 23 club members skied 1000 km or more and 14 others skied between 500 and 999 km. Eight of the 23 were seniors or retired members who probably had nothing better to do. If you cannot go to Florida or Arizona you might as well ski!

Isaac Rondeau-McNair was the only teenager to hit the 1000 km mark.

Congratulations to all!

1000 KM CLUB	Greg Deyne	2900
	Rob White	1764
	Kevin Montgomery	1716
	Isaac McNair	1422
	Sue Kaczmarek	1395
	Dave Schultz	1311
	Kevin Kerkhof	1308
	Jane Schultz	1300
	Denis Brule	1275
	Alan Heino	1207
	Karl Laiho	1176
	George Dasovich	1150
	Suzanne Dasovich	1150
	Brenda Smith	1142
	Claude Castilloux	1089
	Neal McNair	1064
	Marcel Paquette	1060
	Nick Kanya-Forstner	1048
	Mike Cousineau	1040
	Dave Kapias	1034
	Mary-Anne Church	1034
	Lorne Luhta	1006



Ladies Night

~Christine Dorion

The first year of Ladies Night, every Tuesday night at 6:30PM, was a great success. Over 30 ladies joined us this year for a ski-at-your-own-pace night.

Many ladies joined us as new skiers this year, along with some experienced skiers who came out for a night of skiing with other women who enjoy the sport. For many, it was an opportunity to enjoy skiing in a relaxed atmosphere and to have some company in the trails. It was a pleasure to ski with you ladies throughout the season, and I hope to see you all next year. Bring some friends along!

If you have any questions regarding Ladies Night, please contact Christine at christine@nconn.com There will also be updated info on the Porcupine Ski Runners website in November.



PSR Race Team

~Mike Kornell

The PSR Racing Team consisted of Isaac Rondeau-McNair, Colton Labine and Kristen Kornell. Colton Labine trained diligently but conflicting schedules allowed ski racing only at OFSAA where a top 10 result was achieved.

Early skiing began in late November. In addition to the periodic local time trials, the Team competed in all 4 Ontario Cups (Thunder Bay, Duntroon, Ottawa and Timmins) and the Nationals (Thunder Bay), with the following highlights.

Isaac competed in the very competitive juvenile boy category with consistent top-10 results. His gap against the top finisher was often less than 60 seconds. A highlight was a photo finish at the Nationals at Lappe against an Ontario Ski Team member. His upcoming summer and fall of endurance and strength training will produce even stronger results next season.

Kristen raced in the midget girls category. She achieved top 3 results in three of the Ontario Cups, and at the Midget Championships. At the Canadian Easterns, she attained top 10 results. She was named to the Ontario Talent Squad for the upcoming season, and is one of three Northern Ontario District skiers on the provincial team.

Thanks to coach Greg Deyne with his strength workouts, and technique guru Lorne Luhta for continuing to develop the technical skiing skills of the race team. The work is paying off.

Nordic High School Report

~John Labine

The weather was not on the side of the high school Nordic ski season in Timmins. A field of 15 high school skiers started the season for O'Gorman High School, TH&VS and École Secondaire Catholique Theriault with only 6 athletes completing the mandatory practice schedule to compete for the NEOAA Championships held in Temiskaming Shores. The Timmins area had 5 athletes qualify for the OFSAA Championships in Sudbury in late February, with 4 indicating an interest to compete. The OFSAA championships had one of biggest fields in its history with close to 680 racers taking part in the event. Isaac Rondeau McNair (ESCT) won the junior boys for NEOAA and finished 7th at OFSAA, Senior Boys Colton Labine (OHS) won the NEOAA championship and finished 9th at OFSAA, other participants were Theo Manseau (OHS) and Owen Pintar (TH&VS).

Here's hoping the 2015-2016 year will see an increase in local high school skiers as the PSR prepares to host the 2016-2017 OFSAA Nordic Championships.



Track Attack/ PSR Development Team

~David Vodusek

In the 2014-15 ski season, we were pleased to revive the PSR Development Team, designed for youth aged 9 to 12 years. The team provides young skiers with the opportunity to gain a variety of skills in a fun and rewarding atmosphere. The program follows Cross Country Canada's Development Model to develop balance, co-ordination and agility; to encourage equal use of styles; to learn from more experienced skiers; to develop downhill abilities; and to practice a variety of sports demanding different skills. These young athletes supported one another as a team and demonstrated excellent sportsmanship throughout the season.



For the 2014-15 season, the following 12 young athletes were part of this team, training together twice weekly: Tessa Desjardins, Danielle Southcott, Amy Lefebvre, Lexi Lefebvre, Julia Vodusek, Sarah-Simone Rondeau-McNair, Allysha Gray, Nico Kratofil, Dakota Lamirande, Emanuelle Martin, Kassidy Mairs, Oscar Clark, David Vodusek (Coach), Neal McNair (Assistant Coach).

Since the team began training as a group in November 2014, the skiers improved tremendously and the results from routine sprint series and the many drills throughout season reflect the commitment of both the racers and their parents. Race events that our Development Team took part in included the PSR Ontario Cup, the PSR Loppet and Timiskaming Nordic Loppet. At each of these events, our young racers proudly represented the PSR Club with several top finishes.

The Development Team continues to train throughout the summer months, focusing on teamwork, sportsmanship and having fun with group workouts and races. As well, we are actively recruiting new team members for the 2015-16 season. For more information email David Vodusek at psrrace@gmail.com.

Jackrabbit 2015

~Christine Dorion and Mireille Fortier

Jackrabbit 2015 was a great success at the Porcupine Ski Runners. This year 72 kids enjoyed the great outdoors during those cold months, all while learning skills, having fun, staying fit and making new friends.

This was the biggest group we have had in a long time and it was only possible because of the dedicated coaches this year. Thanks to Aileen Felsher, Amanda Roy, Dave Vodusek, Neal McNair, Kim Dorion, Christine Dorion, Leigh Charbonneau, Steven Mills, Tim Edwards, Derrik Cremin, Kevin Duggan, Angie Bernier, Peter Lanzellotti, and Joe Barazzutti for making this season a success! Also a special thanks to Dave Vodusek and Neal McNair on taking the lead on the Track Attack/Development Team. Kids now have a place to go for competitive skiing, all while having fun.

A great big thanks also goes out to all the parents and helpers that assisted the coaches on the trails, helped with snacks, and cleaning up. Working together assured this was a very successful program. Also, I would like to thank Gerry Dorion, the owner and operator of Northern Connections Ltd., for the many donations during the past couple of years.

Next year, the Jackrabbit program will once again be looking for volunteers. There are many different ways in which you can help out. Come and join us next winter for some fun. For any questions or comments you can contact Christine at christine@nconn.com

Stay tuned for next year's registration in November during the ski swap. Hope to see you then.





Rookies vs. Veterans

~Neal McNair

The Rookies vs. Veterans relay race was held again this year, on the last skiable Saturday of the season (April 18th). Thanks to David Vodusek's efforts with the Development Team, there was a good number of rookies available this year, but they were a pretty young group. After last year's defeat, the veterans were poised to take advantage of this inexperienced bunch and teach them a lesson in how to lose gracefully. So confident were they that they allowed the two fastest rookies, Colton Labine and Isaac Rondeau-McNair, to ski two laps each as the anchors.

Things started out well for the vets with our oldest skier, Lorne Luhta, matching one of the stronger rookies, Kristen Kornell, almost stride for stride on the opening lap. As the race progressed, however, it became obvious that some of these grizzled vets were feeling a bit sorry for the young skiers and were not really going "all out". The readers can judge for themselves by the times listed who was "dogging" it and who was not. Despite the turncoat tendencies of certain veterans, the rookies were still a full lap behind by the time their anchor legs came up.

Colton and Isaac did manage to close the gap significantly, and with the help of some interference run by the rookies, it came down to a photo finish where Colton sped past a coasting Coach Deyne at the finish line and grabbed another victory for the rookies. Next year there will be a mandatory loyalty oath for all veterans.

Thanks to Denise Kornell for providing a huge stack of Finnish pancakes for the after-race breakfast and to Carole Larche for doing most of the food prep in the kitchen. A great time was had by all, and with the strong contingent of rookie skiers, this PSR tradition looks like it will continue for many more years.

 Rookies vs. Veterans 2015 			
Rookies		Veterans	
Skier	Lap time (1.25KM)	Skier	Lap Time (1.25KM)
Kristen Kornell	4:41	Lorne Luhta	4:42
Caleb Rondeau-McNair	5:41	Alan Heino	5:01
Julia Vodusek	6:18	Rick Demers	6:58
Kassidy Mairs	8:08	Brenda Vodusek	8:09
Sarah-Simone Rondeau-McNair	9:11	Erik Luhta	8:19
Tessa Desjardins	7:10	Neal McNair	4:30
Allysha Grey	10:11	Mike Kornell	5:04
Danielle Southcott	8:06	Dave Vodusek	8:31
Dakota Lamirand	10:10	Spyke Pintar	5:24
Isaac Rondeau-McNair	4:13	Joel McCartney	9:40
Colton Labine	3:36	Tyler Mairs	5:45
Isaac Rondeau-McNair	4:07	Amanda Roy**	8:40
Colton Labine	3:42	Greg Deyne**	4:34
Total	85:15	Total	85:17
Winners: Rookies			

**Note that Amanda suffered significant interference from some rookies who have learned very early on how to cheat when losing...Greg had to ski up and take the hand-off early, so their times are approximate.