

The Inside Track

A newsletter for members of the Porcupine Ski Runners



President's Message

~Neal McNair

Like most of you, the PSR board and volunteers are hoping for a quick and early transition to winter this year. Nothing brightens up November like a nice base of snow and some early season skiing!

This year we continue to expand our program offerings. The popular evening snowshoe events are back as a Tuesday fixture, and Thursday evenings are now devoted to social/instructional ski sessions where you can come out to ski in a group as well as get some informal instruction on skiing and waxing.

Part of our mission as a club is to promote skiing and snowshoeing in the community; our members play a vital role in accomplishing that. Be proud of your PSR membership! Talk to friends and family and encourage them to come out and give the club a try. The club thrives when we have an active and committed membership base.

Have a great season!

Membership Buttons

It was about ten years ago that we stopped distributing membership buttons, but this year we are bringing them back. The main reason for discontinuing them was that the cost of mailing had gotten too high, and in the old chalet we had no reliable way of distributing them to members. With regular rental room hours, we hope that everyone will take a minute early in the season to drop by and pick up your membership buttons. Please wear your button whenever you ski. We want our membership to be more visible and we hope that this will encourage more occasional skiers to consider the benefits of a PSR membership.

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Fall Issue

November 2016

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.

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Facilities

~Alan Heino

The Facilities Committee, consisting of Gerry Perreault, Jim Bielek, Ray Denis, Gerry McNair and Alan Heino, primarily looks after the chalet. They work throughout the summer to keep the place in good repair and have it ready for the next season. Their many tasks are varied, including: performing patching and painting touch ups in the chalet, cleaning floors, changing furnace filters, maintaining external security lights, reorganizing storage, updating signage and much more.

During our off-season we rent our lounge to various groups for a number of different events. For the summer of 2016, the revenue from these rentals has netted over \$4,000, which helps offset some of our ongoing expenses such as property tax and electricity. In addition, we had increased rentals during the months of September and October. We feel it is also good to have the community make use of our facility - rather than have it sit continuously unoccupied - and it gives our club additional exposure to the public. One of our rentals involved use of our trails as well as the Lounge. Thanks to David Vodusek for assisting us and the Alzheimer's Society with their Mud Factor fundraiser.

We do not rent the Lounge during the ski / snowshoe season and we do not rent for events that include the consumption of alcohol. The Lounge has proven to be an excellent venue for company planning, training sessions and instructional sessions. As an example, Boreal Food Studio Inc. is holding weekly cooking classes in our chalet during the months of September and October. Also, Kuuwanimano Child & Family Services and the Ministry of Natural Resources and Forestry each held 2-day employee training retreats at the chalet in September. It is gaining popularity as a location for children's birthday parties as well as wedding and baby showers. There is a considerable amount of work for volunteers to coordinate these rentals but our clients have always expressed their satisfaction and commented on the beauty of the building. Thanks to the volunteers who have handled the off season rentals: Gerry McNair, Neal McNair, and Jim Bielek.

Ski Swap, Waxing Service and Open House

The Porcupine Ski Runners (PSR) Race Team is busy preparing for the annual PSR Ski Swap and Open House to be held on **Saturday, November 19, 2016** from 9AM-1PM. This event provides a great opportunity to:

- Get great deals on used equipment (20% of sales go to support the race team)
- Sell equipment that is no longer in use
- Get advice on equipment, waxing, technique, and clothing
- Shop for new equipment, accessories and clothing from local retailers Luhta Atomic and Northern Sports
- Sign up for a PSR membership (computers will be available for online registrations)

Ski Swap drop off: **Saturday, November 12, 9AM – 1PM.** Drop off the skis and other items you want to sell in the swap at the PSR chalet. Donations are always appreciated. Special pick-up arrangements can be made by emailing John Labine (psrrace@gmail.com), Mike Kornell (kornell41@gmail.com) or Neal McNair (mcnairneal@gmail.com).

Ski Waxing Service drop off: **Saturday, November 12.** There is no better way to start the season than with a newly waxed pair of skis: only \$20/pair plus additional cost to remove grip wax. Proceeds go to the PSR race team. On Saturday, November 12, 2016, we will be accepting skis for waxing. Drop off your skis at PSR from 10AM – 1PM.

Draw for locker rental!

Buy a membership during or prior to the ski swap on **November 19, 2016** to receive a ballot for a chance to win a free one-year locker rental (if you paid for a locker with your membership you will be reimbursed or you may get a second locker at no cost if that is your choice).



Membership

-Neal McNair

Membership fees are unchanged this year. Our total membership was down by over 300 members last year, and our goal for this season is to rebound from that. A strong membership and volunteer base is the foundation of this club and it is what allows us to offer such amazing trails and facilities at very low cost. We have a few initiatives planned to try and return to our target of 1000 members:

Early membership draw and membership buttons (see page 1 and 2 of newsletter).

Try and buy: Those who start as day users can redeem up to three day fee purchases towards the cost of their membership purchased in-season.

Phone campaign: In late December we will call past members who have not yet re-joined the club with an invitation to do so.

We would also like your help as well. Most of you know some people who might like to try skiing. Share this newsletter with them, invite them out to the ski swap, or for a ski during the season. You also likely know some people who come to the club but only pay day fees; talk to them about the importance of becoming a member. Be proud of your PSR membership: Wear your membership button and share your love of this amazing winter activity. Let's keep the club strong and viable for another 40 years!

Again this year, you will be able to purchase your membership through our website at www.porcupineskirunners.com. Online registrations are easy for you, and they help us reduce the volunteer hours spent doing data entry. As a reminder, here

are some of the benefits of registering online:

- No additional fees charged for paying online;
- Emailed printable membership cards that you can start using right away;
- Pull up your data from last year for quick registration.

As always, you also have the option of applying for a membership with a paper application. You will find a membership application in this newsletter, and they are available at the Chalet as well.

Personnel

-Alan Heino

Porcupine Ski Runners is pleased to announce that Brent Cleverdon will be returning as our Lead Chalet Maintenance/Rental Room Attendant. Brent has been working for PSR for the past five seasons and has progressively assumed more responsibilities. Some of Brent's duties include preparing the chalet for the ski season, assisting with recruitment, training and supervision of students, arranging for equipment rentals, participating in the process for scheduling and tracking school and group bookings, and working on the day to day dealings with schools and groups. We will also be hiring two students to perform chalet maintenance and rental room duties, and one additional student for the gatekeeper role.

Lockers

-Neal McNair

Lockers are available to PSR members for rent on a year-to-year basis at a cost of \$60.00 per year. We have 192 lockers available to rent, with about 25 that went unrented last year. When you register for your membership you have the option of renewing your locker(s) from the previous season, requesting a new locker, or giving up your locker from the previous year if you no longer need it.

If you had a locker last season, it will be held for you only until December 31, 2016, 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.



Website and Communications

~Neal McNair

Again this season, the PSR website will be the main information source for club news and events. Trail conditions will be updated daily by 9AM, and major announcements will be placed on the front page “news box” as well as posted on the Facebook page. If you have suggestions for additional information you would like to see on our website, feel free to send suggestions to mcnairneal@gmail.com.

Trails and Equipment

~Gerry Perreault

The brush cutting and removing of downfall started in mid-August, with Ray Denis and Rob White doing most of the trails with the Bush Hogs. This is really saving lots of manual work as many of you know.

Ray Denis, Maintenance Coordinator for the club, will be the person calling on volunteers and coordinating the work, including any manual task, equipment maintenance and operation or Chalet maintenance. We are very fortunate to have Ray with us.

Many of you are probably aware that we have encountered an issue that affects the South Porcupine section of the Loppet Trail. The problem stems from the fact that part of the trail crosses private property and we do not have permission to have our trail on this land. We are attempting to relocate this section of trail and we have found that we have some options. At this time we are still considering these options and news on this will be forthcoming – most probably on the website.

There still is outstanding work to get done on the trail lights, however all of the lights are operating.

All equipment was overhauled in the spring and will be available when required. Thanks to our dedicated helpers: Robert White, Mike Columbus, Greg Deyne, Luciano Torresan, Ray Denis, Gerry Perreault, Mike Kornell, Neal McNair, Isaac McNair, Caleb McNair, Rhys Lucas, Todd Copeland, Dave Vodusek, Lee-Ann Wearing, John LaBine, Paula Paquette, Larry Labelle, Kim Wagner, Christine Adamson, Denis Brûlé, Germain Lauzier, and Chris Cantwell.

Bird Feeder Hill Trail Side Shelter

~ David Vodusek

The Porcupine Ski Runners will have something new at the top of bird feeder hill for the 2016–17 season. In partnership with É.S.C. Thériault’s Level 1 Apprenticeship Program, a trail side shelter was constructed to provide snowshoers and skiers opportunities for sitting, socializing and wildlife and scenery viewing at the top of bird feeder hill.

The shelter could not have been possible without the students from É.S.C. Thériault, Pierre Numainville, teacher, the PSR board, the many volunteers Rob White, Gerry Perreault, Ray Denis, Erik Luhta, Lorne Luhta and Rhys Lucas and generous material donations from Timmins Building Supplies, Rob Roy Contracting and Little John Enterprises.



High School Volunteers

~ David Vodusek

The Porcupine Ski Runners had some help this summer with several students from Roland Michener Secondary School, O’Gorman High School and Bertha Shaw Public School painting at the club. Anyone interested in gaining volunteer hours can email David Vodusek at psrrace@gmail.com.



Snowshoe, Social Ski and Instruction Nights

-Christine Dorion

Evening snowshoe events will be held every Tuesday at 7PM, where volunteers will be available to guide you along our trails. Please bring a headlamp since snowshoe trails are not lighted. No sign up or additional fees required. You must have a membership or day pass to attend. Please arrive early if you plan to rent snowshoes

Every Thursday at 7PM, a social ski along our lighted trail system, guided by volunteers will take place. This is a very relaxed and fun evening, approximately 1 hour in length.

New this year! Want to improve your classic or skate skiing? Learn more about waxing? Informal instructional sessions will be held every Thursday evening prior to the social ski. The sessions will begin at 6:30PM. No sign up or extra fees are required. You must have a membership or day pass to attend. Rentals will be offered and you may call ahead to have skis ready.

If you have any questions regarding these fun evenings please contact Christine at Christine@nconn.com or call/text 705-262-9610.

High School Team and OFSAA Nordic 2017

-John LaBine

Timmins High and O'Gorman High School, along with Porcupine Ski Runners, are looking forward to hosting over 500 skiers from across Ontario for the OFSAA Nordic Skiing Championship from February 27 to March 1, 2017. This will be the second time OFSAA will be hosted at PSR. We recommend that skiers interested in racing at the high school level check with their high school athletic department or contact John LaBine at psrrace@gmail.com. Practices are done in group settings with all high schools working together to promote Nordic skiing. Practice times will be posted on the PSR website and at the chalet.

The OFSAA Nordic committee is soliciting volunteers that will be needed to host an event of this magnitude. Please contact John LaBine if you are interested in volunteering or interested in sponsorship opportunities for this event.



Scheduled Trail Closure

-Greg Deyne

For safety reasons it is necessary that our interior ski and snowshoe trails be closed to members during the OFSAA Cross Country Ski Races from February 27-March 1. The Olympic and South End trails may be open to members who wish to ski during that time. We understand the inconvenience this causes our members, but the 500 + high school students, teachers and parents generate significant benefits to our community and our ski club. Once the races are finished on Wednesday, March 1, we will post on our website when the interior trails will be reopened.



PSR Junior Development Ski Team

~ David Vodusek

The PSR Junior Development Ski Team program is 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.

The team consists of ten athletes with an additional thirteen young skiers on the Track Attack Team. The team has been training hard this past summer and fall in preparation for the 2016-17 ski season. In addition to our weekly dryland training sessions, the team participated in several community charity events such as the Alzheimer Society Timmins-Porcupine District Mud Factor, Seizure & Brain Injury Centre's Colour It Up Run, Terry Fox Run, Golden Trails Festival and Gold Rush Run.

The upcoming ski season will include several local loppets, nearby invitational ski races as well as the 2017 Ontario Championships at Kawartha Nordic in Peterborough, March 3-5. The Development Team continues to train throughout the autumn months, focusing on teamwork, sportsmanship and having fun with group workouts and fun runs. Anyone with any questions on the program can email David Vodusek at psrrace@gmail.com.

The PSR Junior Development Ski Team members are Allysha Grey, Brielle Charette, Chantal Kukulka, Clarke Frey, Dakota Lamirande, Danielle Southcott, Julia Vodusek, Nicole Kukulka, Oscar Clark, Sarah McBride, and Sarah-Simone Rondeau McNair.

Jackrabbits and Skills Development

~Mireille Fortier and Christine Dorion

Registration for the Skills Development Programs ('Jackrabbits') and Junior Development Team will take place on November 19 & 20, 2016, from 10AM-1PM at Porcupine Ski Runners. Registration is done on-site only. Program cost is \$40 and equipment rental (if required) is \$40 for the season. Please bring in your child to registration for ski rental fitting. New spots are limited.

For the children enrolled in the program last year, a spot will be reserved, but you must register on November 19 or 20. Please notify us via email if your child will not be returning so we may add a new child to the program.

Children ages 3-5 must be accompanied by an adult. For children ages 6-12, parents are welcome to join if they wish. The skier and parent accompanying the child must be a member of PSR. Membership can be purchased online or in person upon registration.

The season starts in January with one intro session in December. Lessons run every Sunday, starting at 1:00PM or 1:30PM, depending on your child's group and are generally 1.5 hours in length. We are always looking for parents/adults to help during lessons. For additional information contact Christine Dorion at Christine@nconn.com.

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

What the kids have to say...

"I love skiing because I like when you glide on your skate skis and I like racing because at the end you know you worked hard because you are tired, so that is why I love skiing!"

~Allysha, age 10 member of PSR and Junior Development Race Team.

"I love skiing and especially racing because there is a challenge every race so I work harder. Also the coaches at PSR are really helpful and they give you awesome tips!"

~Julia age 10 member of PSR and the Junior Development Race Team.

"I love skiing because it's a fun activity to do with my friends. I also love going to competitions because it's a good experience especially when we went to the OCUP. We had so much fun encouraging our team."

~Brielle Charette age 10 member of PSR and the Junior Development Race Team.



Programme des Jackrabbits

Les coûts sont de \$40 par enfant pour l'inscription et \$40 pour location d'équipement pour la saison. Apportez votre enfant pour essayer l'équipement.

Les enfants de 3 à 5 ans doivent être accompagnés d'un adulte. Pour les 6 à 12 ans vous êtes bienvenus à nous rejoindre si vous le désirez. Les enfants et les parents qui les accompagnent doivent être membre du PSR. Vous pourrez vous inscrire en ligne ou en personne les jours d'inscription.

Les sessions sont les dimanches de 13h (ou 13h30 selon le groupe d'âge) et d'une durée d'environ 1.5 heure. La saison commence en janvier sauf pour une session qui aura lieu en décembre.

Nous avons réservé des places pour les enfants qui étaient inscrits au programme l'année dernière, mais vous devez vous inscrire durant les journées d'inscription pour réserver vos places. Afin de laisser la chance à tout le monde, SVP nous aviser si vous ne comptez pas revenir. Nous avons aussi des places pour les nouveaux et nouvelles adeptes du ski!

Mark Your Calendars

NOVEMBER

Ski Swap-Drop off skis for sale or waxing
November 12, 2016 9AM-1PM

Ski Swap Open House
November 19, 2016 9AM-1PM

Registration – Jackrabbits
November 19, 2016 10AM-1PM and
November 20, 2016 10AM-1PM

Registration – Biathlon Bears
(for more information contact caporiccia@me.com)
November 20, 2016 10AM-1PM

DECEMBER- JANUARY

Seasonal programs may begin in November snow permitting

Junior Development Ski Team
Wednesdays 6:30-7:45PM
Saturdays 10:30AM - 12:30PM
Sundays (unsupervised) 1-3PM

Jackrabbit Program
Sundays 1-3PM

Evening Snowshoe
Tuesdays 7PM

Social and Instructional Ski
Thursdays 7PM

High School Team training
Tuesdays 6:45-8:00PM

Biathlon Bears
Saturdays 11-1:30PM
(season runs from December 10, 2016-March 25, 2017)

Special Olympics
Nordic Skiing: Saturdays at 1:00PM
Snowshoeing: Saturdays at 2:00PM

FEBRUARY

Family Day
Day fees and equipment rentals are half-price
Monday, February 20, 2017

OFSAA Nordic Championships
February 27-March 1, 2017

MARCH

Annual PSR Loppet
March 12, 2017