



Prince Albert Ski Club

Newsletter

November 2018

www.paskiclub.ca

PA Ski Club Membership

- Join online via Zone 4 at <https://zone4.ca/register.asp?id=19415>
- Join using the paper form available with this newsletter or from the club's website at <http://www.paskiclub.ca/membership.html>

The club maintains and grooms 50 km of classic and freestyle ski trails at Little Red River Park and the Cooke Municipal Golf Course.

Club tracking crews will be grooming and track-setting our ski trails in the same timely manner as previous years, providing some of the best cross country ski trails in Saskatchewan.

Enjoy the winter and join our club to support the work of the volunteers in our Club!

Early Bird Draw

Purchase your 2018-19 PASC membership on or before **Monday, December 3rd** and your name will be entered in the Early Bird Draw. The draw will take place at the AGM and the two winners will each receive a \$100 FAE gift card.

Last year's winners were Lynda Miller and Jordan Holmen.

Free Ski Lessons for Members

Bill Jeffery will offer ski lessons for novice as well as experienced skiers this winter. Contact Bill at 306.922.0399 or skipaddle@sasktel.net.

Annual General Meeting

Monday December 3rd, 2018
Coronet Hotel, 3551 2nd Av W
7:30 pm

You are invited to join us at the Coronet Hotel for the AGM. All members are welcome.

Agenda

- Update on PA Ski Club
- Financial Report
- Volunteer Award
- Election of Board of Directors 2018-19

There will be a social following the meeting.

Ski Swap

Sunday November 18th, 2018
2:00 to 4:00 pm
Cosmo Lodge, Little Red River Park
Register Equipment at 1:00 pm

Check www.paskiclub.ca for more information.



Fall grading and leveling at Little Red.

2017-18 Board of Directors

President: Mike Horn
Vice-President: Doug Dietrick
Secretary: Cindy Gill
Treasurer: Mike Zamulinski
Directors: Chris Bennington
Roy Fremont
Marty Houle
Bill Jeffery
Mike Kopchynski
Joe Remai
Anna Sigurdson
Bart Vick

Memberships

Thank you to all the skiers who purchased memberships in the 2017-18 season. Our numbers returned to 300+ members. Let's keep up the good work this year and return to the 2010-11 level!

2017-18	305	2011-12	270
2016-17	193	2010-11	357
2015-16	198	2009-10	311
2014-15	204	2008-09	309
2013-14	296	2007-08	338
2012-13	323	2006-07	318

As many of you know, membership numbers are reflected in the CCS/SASKI Member Assistance Program (MAP) grants our club applies for each year. In the 2015-16 ski season, the Club received **\$3,431**; this year, due to the increased membership numbers last season, our Club will receive **\$5,316**.

Revenue is important to our continued operations. Please encourage other skiers to join our Club.

Newsletter: Doug Dietrick
Nancy Pardoe

Great Blue Heron Park

This provincial park encompasses the Emma and Anglin Lake Recreational Sites, along with adjacent crown lands, totaling 27,596 acres (43 sq. miles).

The PA Ski Club has been part of the park management plan advisory group since February 2014. Part of the group's role includes the enhancement of passive recreation trails in this park.

The cross-country ski trails in the Park now include:

- Valleyview Trail (6 km): Located on Hwy 953 south of the pumping station. Valleyview Trail has a warm-up shelter along the trail.
- Anglin Lake Trail Network (15 km): Located south of Jacobsen Bay. These trails have a warm-up shelter in the parking lot along with shelters on the trail network. A warm-up / overnight shelter is available at the former fire tower location.

Search "anglin lake cross country ski trails" for more information and a trail map.

SaskCup Race & PASC Loppet

January 26th and 27th, 2019

The PA Ski Club will be hosting a Sask Cup Race on Saturday, January 26th at Little Red River Park. This will be a classic event.

On the Sunday, the Club will host the annual PASC Loppet at Little Red.

Volunteers are needed to make these events a success. Contact Bill Jeffery at 306-922-0399 or skipaddle@sasktel.net.

PASC 2017-18 Operations

This past season saw an increase in fall trail work volunteer hours with the River Trail Rehabilitation Project. This project involved grading and chipping portions of the River Trail and cost the Club \$950 due to the generous donation of equipment and manpower from **Broda Construction**. Thank You!

The Club spent over \$6,500 in operating costs to groom the Little Red and Cooke Municipal Golf Course ski trails last winter. This amount does not include the capital costs to purchase new equipment such as a snowmobile/ATV or groomer.

A few statistics from last ski season:

- **375** volunteer hours were spent packing and tracking the trails.
- Over **400** volunteer hours were spent on fall work to clear the trails.
- **60** volunteer hours were spent maintaining the Club's grooming equipment.
- Some of the operating expenses include:
 - Fuel and oil: \$1,200
 - Repairs and maintenance: \$3,160
 - Equipment insurance: \$1,320
 - Signage: \$370

Web Site & Facebook

The Club's web site has information on:

- Trail conditions
- PASC Trail map
- Upcoming events
- Membership and membership forms
- Jackrabbit Ski League information

Check out our Facebook page at:

<https://www.facebook.com/PrinceAlbertSkiClub/>

Jackrabbit Ski League

A big "Thank You" to Anna Sigurdson, who has coordinated this program over the last couple of years. Anna is stepping down from the coordinator role and handing the torch to James Brown for the upcoming year.

Jackrabbits is a fun cross country ski program for children ages 3-12. Children under the age of 7 must be accompanied by an adult. Volunteers to help with the program are welcome.

Jackrabbits will meet weekly on **Saturdays** from **1:30 to 2:30 pm** at the Cosmo Lodge in Little Red River Park. The program will start **December 15th**.

Preregistration by December 1st is encouraged so supplies and toques/buffs can be ordered for participants. The cost of the program is \$20 for 10 lessons. A Jackrabbit or PASC ski club membership must also be purchased.

Registration forms are available on the Club's web site at

<http://www.paskiclub.ca/jackrabbits.html>.

For more information, contact James Brown at 306-922-3524 (phone/text) or jrb353@mail.usask.ca.

Reminder

Please respect the "**Trail Closed for Grooming**" signs. A newly groomed classic track requires at least one hour to properly freeze and set so the sides of the track do not collapse.

Trail Changes & Enhancements

Our new ski trail map will be available shortly that shows minor updates to Tower, Kristi, and Jackrabbit trails along with the new skating trail.

#1. River Trail

Last year, four kilometers of the River Trail were widened and leveled. This fall, the south section of the trail adjacent to Hwy 55 was graded and leveled. Plans are to chip sections of the trail, but early snow may postpone this until next spring.

#2. Skate Trail

The Skate Trail on the Plains has been rerouted. The trail now connects from “Rene’s Rendevous” at the River / East Poplar intersection and has a new section that provides a loop on the south portion, returning prior to the old ski hill.

#3. Tower Trail

A fire this summer damaged forested sections of the Tower Trail. The Club plans to track the original trail this winter, but rerouting may need to take place in the future.

#4. New Skating Trail

A new skating trail in the West Trail loop area will be available this winter. The trail has not been named as of yet. The hill portion of the trail will be signed “Bearcat Hills” in memory of Barry Hugo.

#5. Cooke Municipal Golf Course

This trail was rerouted last season due to work on the golf course irrigation system. The work is now complete and the ski trail will return to the complete loop this winter. Over the summer, volunteers worked to restore the trail so it would be ready for the first snow. Kerry Paul and Bob Charles will be handling the grooming over the ski season. Please wait for the trail to be groomed before skiing this fall and always ski on the groomed ski trail.

#6. Little Red Plains Walking Trail

The Club has worked with the City to modify the Plains walking trail. The walking trail starts at the base of the old ski hill across the road from the Cosmo Lodge. The trail has been mowed and posts erected for new signage.



April 29th: Spring flood – River Trail is submerged!



August 14th: Fire damage on Tower Trail

Remembering

Bill Ballantyne, a long-time volunteer with the Club, passed away suddenly this fall. Bill was extensively involved with trail-grooming in the 1970s to 1990s as well as volunteering in other capacities.

Those who knew Bill will remember his skill in making one of the Scandic snow machines behave – it was a beast to maneuver and Bill made it look easy!

Cross Country Canada Waiver Agreement Informed Consent and Assumption of Risk Agreement

By signing this document you will assume certain risks. Please read carefully.

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of Cross Country Canada and Canadian Snowsports Association (hereinafter called CCC/CSA), Cross Country Saskatchewan (hereinafter called the Division) and the Prince Albert Ski Club (hereinafter called the Club) which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the Activities), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the Parties), acknowledge and agree to the following terms:

Description of Risks

2. The Participant is participating voluntarily in the Activities. In consideration of the Participant's participation in the Activities sanctioned by one or more of CCC/CSA, the Division and the Club, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the Activities, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
 - a. Training, where indoor or outdoor including strength training, running, hiking, and cycling;
 - b. Overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
 - c. Vigorous physical exertion, rapid movements and quick turns and stops;
 - d. Falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
 - e. Contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
 - f. Failing to participate within one's abilities, skill and within designated areas;
 - g. Becoming lost or separated from the group or the group becoming split up;
 - h. Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - i. Extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
 - j. Encounters with animals or plants including allergic reactions;
 - k. Travel to and from training, competitive events and associated non-competitive events which are an integral part of Activities; and
 - l. Other risks normally associated with participation in the Activities.
3. Furthermore, the Parties are aware:
 - a. That injuries sustained may be severe, paralyzing or fatal;
 - b. That the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of CCC/CSA, the Division and the Club;
 - c. That the risk of injury is reduced if the Participant follows all rules established for participation; and
 - d. That the risk of injury increases as the Participant becomes fatigued.

Disclaimer

4. In consideration of CCC/CSA, the Division and the Club accepting the Participant's application for membership in the Club or allowing the Participant to participate, the Parties agree that CCC/CSA, the Division and the Club and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the Activities sanctioned by one or more of CCC/CSA, the Division and the Club, caused by the risks, dangers and hazards associated with the Activities.
5. The Parties confirm that:
 - a. The Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of CCC/CSA, the Division and the Club;
 - b. They have been provided sufficient information about Activities and the associated risks and hazards so that they are aware of the effect of this agreement;
 - c. The Participant agrees to abide by the Rules and Regulations imposed by CCC/CSA, the Division and the Club, in association with the Activities, and to follow the instructions of the officials during the Activities; and
 - d. They have read this agreement, understand it, have executed this agreement voluntarily and that this agreement is to be binding upon the Parties, their heirs, executors, administrators and representatives.
6. In addition, the Parties:
 - a. Authorize CCC/CSA, the Division and the Club to collect and use personal information about the Parties which relates in any way to the Activities, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the CCC/CSA, the Division and the Club websites;
 - b. Grant permission to CCC/CSA, the Division and the Club to photograph and/or record the Parties image and/or voice, and to use this material to promote CCC/CSA, the Division and the Club through any form of and agree that the audio/visual material and copyright will remain the sole property of the CCC/CSA, the Division and the Club and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
 - c. Understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

* We do not distribute your personal information to any other third party not listed herein *

NOTE: All Informed Consent and Assumption of Risk Agreements remain with the Club Executive for a minimum of three years. These forms are not submitted to CCC/CSA or the Division Office.



Prince Albert Ski Club

Box 2312, Prince Albert SK S6V 6Z1

Application for 2018-2019 Membership

Date: _____

Address: _____

City: _____ Phone: _____

Postal Code: _____ E-mail Address: _____

Membership Fees		
Single	\$40 plus \$15 CCC/CCS	\$55 _____
Couple	\$60 plus \$30	\$90 _____
Family – 1 child	\$65 plus \$45	\$110 _____
Family – 2 children	\$70 plus \$60	\$130 _____
Family – 3 children	\$75 plus \$75	\$150 _____
Family – 4 children	\$80 plus \$90	\$170 _____
Jackrabbit Membership	\$5 plus \$15	\$20 _____
Jackrabbit Program Fee		\$20 _____
Donation to trail maintenance: _____		
Total Fees		_____

First Name	Last Name	Adult <small>or</small> Child (under 18)		Waiver Consent (Initial)	Signature
		Year of Birth	Year of Birth		
		<input type="checkbox"/>	<input type="checkbox"/>		Note: Each adult membership must have a valid signature and initial the waiver consent column.
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		

Page 1 Instructions, participation types & waiver agreement follow this page.

Check in appropriate box. Enter year of birth for each child.



The above member has received and reviewed CCC's current Informed Consent and Assumption of Risk and agrees to be bound by such document as Participant and/or Parent/Guardian (as applicable).

Please mail application and payment (cheque payable to Prince Albert Ski Club) to the address on this form or drop at Fresh Air Experience.

Prince Albert Ski Club Membership Types

- Adult:** Adult membership costs \$40 plus \$15 CCC/CCS fee and is open to anyone over the age of 14. Applicants under the age of 18 must have the Cross Country Canada Waiver signed by a Parent or Guardian.
- Additional Member:** Additional Member or Couple costs \$60 plus \$30 CCC/CCS and is available to two members of the same household.
- Family Membership:** Family Membership costs \$60 plus \$5 per child plus \$15 CCC/CCS fees per member and consists of 2 adults of the same household and their dependant children under the age of 18 years (as of Dec 31st of the current registration year).
- Jackrabbit Membership:** Jackrabbit Membership costs \$5 plus \$15 CCC/CCS fee. This option is only available to youth 14 and under who are enrolling in the Jackrabbit program and are not included in a family membership. This allows children with non-skiing parents to belong to the Prince Albert Ski Club for the purpose of taking part in the Jackrabbit Ski Program.
- Jackrabbit Program:** This program is administered by a sub-committee of the Club and has an additional fee of \$20.00. Any youth not registered in the Jackrabbit program must be registered as part of a family group, or as an Additional Member with an Adult.

Participation

Membership Tags: All members are issued annual membership tags, which should be displayed when using the trails. Club preference is to have tags mailed out to members. However, if this is not possible, please contact Roy Fremont at 306.922.2520 or Mike Horn at 306.922.1500 to set up a drop-off/pick up.

Check here if you can't receive a tag by mail

Volunteer Information

We are a volunteer organization. The Club can't continue to operate or improve without member support. Please check below how you are able to participate. This will allow us to develop an up-to-date contact list.

Trail Clean Up	Every fall and after major weather events, we need extra hands to clear debris from the trails	Check here if you can help with Trail Clean-Up <input type="checkbox"/>
Jackrabbit Helper	This youth development group can always use extra help. Interested parties will be provided training as coaches. It's a great way to contribute and improve one's own skiing ability.	Check here if you can help with Jackrabbits <input type="checkbox"/>
Ski Club Board of Directors	The Board is composed of 12 Club members. These are the people who guide the affairs of the Club. New people and ideas are crucial to the Club's future.	Check here if you would consider a board position <input type="checkbox"/>
Event Planning & Execution	On the weekend of Jan. 26th & 27th, 2019, the Prince Albert Ski Club is hosting a Sask Cup Race Event on Saturday, and a Loppet on Sunday. These events require substantial member involvement starting at the planning stage and through to the actual event.	Check here if you are interested in helping with the Loppet <input type="checkbox"/>
Trail Grooming & Tracking	The Club can always use more people on the Grooming Roster. No previous experience is required! Some warm clothing (pants and boots) is provided. Training is provided by senior members, and, until a person is competent and confident to "go it alone", we always use the buddy system.	Check here if you are interested in grooming / tracking <input type="checkbox"/>
Member Preferences	Knowing membership preferences will assist the Board in allocating resources. Check your favourites.	
	Touring / Recreational:	<input type="checkbox"/>
	Competition / Racing:	<input type="checkbox"/>
	Classic:	<input type="checkbox"/>
	Skate:	<input type="checkbox"/>