

The Inside Track

A newsletter for members of the Porcupine Ski Runners



President's Message

~Neal McNair

As usual at this time of year, there is a lot going on behind the scenes at PSR. The trails are ready and waiting for the snow to fall, and the Board has planned a great season of activities and events for our members.

Probably what has us most excited is the Learn to Ski Day planned for December 27. We almost called it "Learn to Ski Better" because this is not only a beginner's event. If the demand is there, we will cover advanced topics in waxing and technique as well as the basics. Check out the article on page 2 and plan to attend!

In the spirit of Learn to Ski, I would like to encourage all our members to challenge themselves this season to try something new. Whether it be skiing in your first Loppet, participating in the "Count Your Kilometres" board, or improving your technique, setting goals will help you get more out of your club membership. In the end, we all benefit from a more engaged membership.

Have a great season!

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Fall Issue

November 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

What's Happening at PSR

November 14, 2015 - Ski Waxing & Ski Swap drop off
November 21, 2015 - Ski Swap and Open House
November 21 & 22, 2015 - Jackrabbit registration
December 5, 2015 - Biathlon Bears Registration
December 27, 2015 - Learn to Ski Day
February 15, 2016 - Family Day
March 13, 2016 - Loppet

Box 250
Schumacher, ON
P0N 1G0
www.porcupineskirunners.com



PSR Ski Swap and Open House

~Neal McNair

Saturday, November 21, 2015 from 9-11AM

The PSR Race Team and Board of Directors are busy preparing for the annual PSR Ski Swap and Open House to be held on the Saturday, November 21st. 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 14 from 9AM until noon

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 14

There is no better way to start the season than with a newly waxed pair of skis: only \$25/pair plus additional cost to remove grip wax. Proceeds go to the PSR Race Team. On Saturday, November 14th we will be accepting skis for waxing. Drop off your skis at PSR anytime from 10AM – 1PM.

Youth Ski Playground Ready for the Ski Season

~ David Vodusek

This season Porcupine Ski Runners will have something new for our young skiers aged 4 years and up. We have built a ski playground that will provide a fun place for skill development. Following Cross Country Canada's Introduction to Community Coaching Guide, the playground will provide our youth a fun place to play and develop the basic skills for cross-country skiing, through a

“natural learning” approach. The winter playground offers a ski slalom, ski and hoops, soft jump, soccer field, shelter, crazy carpet/toboggan run and fire pit.

The playground project, which was completed this summer, could not have been possible without the support of the PSR Board, the many volunteers – including Germain Lauzier, Rob White, Gerry Perreault, Ray Denis, Christine Dorion, Shawn Roy and Rhys Lucas – and sponsors (to date: Little John Enterprises, PolyFusion, Define by Design, Fastenal, Service Master and C. D'Amours Contracting Ltd.). Anyone interested in making a donation towards the facility can contact Christine Dorion by email at psrrace@gmail.com.

Learn to Ski

~Neal McNair

Mark your calendar for Sunday, Decemer 27, 2015!

PSR is hosting its “Learn to Ski” Day. This is a full day of seminars and on-snow lessons to help you better enjoy this fantastic sport. Your level of skill or experience does not matter; everyone will leave this event with more knowledge about all aspects of cross country skiing. The following is a tentative agenda for the day, but some of this will be adjusted based on the registrations we receive.

- 9:30–10:30AM
Equipment, clothing and basic training
- 10:30–11:30AM
Ski Waxing: Basic grip and glide waxing. Possibly more advanced techniques if interest is there.
- 11:45AM–1:00PM
Lunch (catered)
- 1:00–3:00 PM
On-Snow Instruction
Lessons will be done in small groups organized by technique and ability. There will be a chance for all participants to learn and improve both their classic and skate skiing technique.

Watch out for further announcements on our web page. Registrations will open in late November and will be open to members and non-members. Rentals will be available for those needing equipment. We hope to see a large number of our members join us for this day. If the turnout is good, this could lead to several follow-up sessions or formal instruction programs.



Membership Report

~Neal McNair

Last year we had 1,093 members at Porcupine Ski Runners. Memberships at PSR have been consistently near or above 1,000 members since the early 1990's, and we hope to maintain this trend for many years to come. You, our members, represent by far our largest revenue source, and our ability to build and improve this ski club depends on a large and involved membership.

Again this year, you will be able to purchase your membership through our website at www.porcupineskirunners.com. The online registrations proved very popular last year with almost 70% of our members registering electronically. Feedback was positive, and we tried this year to incorporate some of the suggestions that came our way. 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;
- Option to have laminated membership cards sent to you by regular mail.

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.

This year a small increase in membership fees was approved at our June AGM. This is to offset the ever growing costs of running an operation of this scale. As you likely know, the vast majority of the labour hours at the club are volunteered, and as a result, our fees remain some of the lowest in the province. When you consider the quality of the trail grooming and facilities at PSR, there is no question that a PSR membership is one of the best bargains out there.

We have introduced some changes to the family membership categories. First of all, there is now a "Two Seniors" category. Secondly, there is a scale for family membership fees based on the number of members. You can see the categories and rates in the following table.

Membership Rates

Category	Ski and Snowshoe	Snowshoe Only
Adult	\$150.00	\$60.00
Senior	\$115.00	\$45.00
Student	\$60.00	\$25.00
Family (2 Seniors)	\$200.00	\$90.00
Family (2 Adults)	\$260.00	\$110.00
Family (3 members)	\$280.00	\$110.00
Family (4 members)	\$290.00	\$110.00
Family (5 members)	\$295.00	\$110.00
Family (6+ members)	\$300.00	\$110.00



Chalet Manager & Staff

~Alan Heino

Porcupine Ski Runners is pleased to announce that Shelly Woods is the successful candidate chosen to fill the Chalet Manager job vacancy. Shelly has been a member of our club for the past two years and has previously held various administrative positions with the Canadian Forces, the Federal Government and Revenue Canada.

Some of Shelly's duties include preparing the chalet for the winter season; training and supervising Maintenance/Rental Room staff; making arrangements for equipment rentals; as well as keeping and posting a schedule of club events and activities. Shelly will also work with Neal and Alan in hiring students to perform rental room attendant duties and for the gatekeeper role. Brent Cleverdon will be returning this year as our lead chalet maintenance/rental room attendant.



Trails, Equipment & Garages

-Gerry Perreault

While most skiers and snowshoers spend their summer away from the club, there is a dedicated group of members that spend a considerable amount of time during the summer making sure our equipment, trails and buildings are kept in good repair and that we are ready for the next ski season. This is a summary of work we did this summer and fall.

Buildings:

- Foundation of garage, G95, repaired. We lifted it with jacks and installed new supports and a new beam.
- Additional drainage trenches cut in the concrete floors of garages G95 and G99.
- Painted interior walls and floor of the timing shack.
- Built a small storage shed between G95 and G99 to store cables that are used during races and installed an underground cable between this shed and the electrical room in the chalet.

Trail Equipment:

- ATV and Skidoos were serviced and rewired with heavier cable for connection to the attachments we use.
- Rebuilt the older brush hog to make it the same as the newer one.
- Installed heavier wiring in the Ginsu and track setter.

Large Groomers:

- Serviced BR400 and Piston Bully as per manufacturer's recommendations.
- Repaired tracks on BR400.
- Replaced worn parts on both machines.

Trails:

- Brush cutting completed. Better use of the brush hog this year allowed us to complete the job in record time and actually do a better job.
- Spread wood waste on the stadium to raise its level and cover low spots. This material was donated by Eacom.
- Dragged the Red and Blue trails with BR400 and a large drag to fill ruts and washed out areas.

Trail Lights:

The trail lighting wiring began giving us problems recently. To solve the problem we needed to replace electrical components on the light poles. This is a time consuming job but the supplies have been purchased and we are gradually getting the job completed. We have completed the most serious situations and we will have trail lights this season even if the job is not fully completed before winter.

Credits:

There are many members to thank for all this work, and I hope I didn't miss any in this list: Rob White, Paul Pirie, Gerry Perreault, Ray Denis, Denis Brûlé, Germain Lauzier, Greg Deyne, Don Sutton, Dave Mairs, Cheryl Allard, David Vodusek, John Labine, Robert Coderre, Kevin Terthof, Caroline Jackson, Mario Filion, Mike Pintar, LeeAnn Wearing, Mike Kornell, Victoria Kullas, Al Heino, Luciano Torresan, Neal McNair, Lyne Dubeau, Dale Columbus, Gerry McNair.

Trail Development 2015 ~ Lorne Luhta

A challenging new trail has been laid out between the intersection of the Blue and Red trails at the natural gas line and the bottom of the Red Blue uphill at the the location where the Yellow trail joins the Red Blue. This trail will be 1.25 km long. At the time of writing a small group of volunteers are cutting the trail to accommodate classic skiing only. Hopefully it will be usable this winter. Next summer plans are to widen the trail full width to accommodate both classic and skating.

The rationale for adding this new trail is to meet Cross Country Ontario standards for Ontario Cup races. This trail will add more climbing and technical features, eliminate the long flat section from the Red/Blue intersection to the Red/Blue uphill. This flat section will still be available for the members however the new section can be used by more experienced skiers and the racing team for training.

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, and last season 176 of them were rented out. 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, 2015, 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 so that we can offer it to other members.



Facilities

~Alan Heino

The Facilities committee consisting of Gerry Perreault, Jim Bielek, Ray Denis, Gerry McNair and Alan Heino primarily looks after the chalet. The committee continues its work throughout the summer to keep the place in good repair and have it ready for the next season. Their tasks are many and varied - cleaning floors, changing furnace filters, welding broken tables and chairs, reorganizing storage, updating signage and many others.

During our off-season we rent our lounge to various groups for a number of different events. For 2015, the revenue from these rentals has netted over \$5,500 which helps offset some of our ongoing expenses such as property tax and electricity. 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 or training sessions and this summer, as an example, Imerys rented the space for a series of first aid training sessions for their staff. 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 summer rentals: Gerry McNair, Neal McNair, and Jim Bielek.

Our board has asked a subcommittee to discuss and propose a weather closure strategy and notification protocol to address extreme weather conditions. This will give guidance to the Chalet Manager, the Trails Committee, and the Facilities Committee and provide a rationale to our membership should we close the facilities due to extreme cold or weather conditions. There may also

be times that the ski trails become too soft due to warm weather, and in order to preserve trail conditions under these circumstances we may have to temporarily close the facility. If that happens, notices will be posted on our website and Facebook.

The Porcupine Health Unit inspects our kitchen twice a year even though we don't currently operate a restaurant or snack bar. Their most recent inspection occurred during the summer and the kitchen was again approved.

Ladies Night

~Christine Dorion

Ladies, I am inviting you to join me on Thursday evenings at 6:30PM starting in December when we have sufficient snow for skiing. There is no additional cost beyond a PSR membership or paying the day fee and there is no actual registration for Ladies Night - you just have to show up.

Come and join me for an evening ski in a fun, relaxed atmosphere. We ski the Blue loop (lighted 3 km trail), which takes approximately 45 minutes to 1 hour for the relaxed skier. You are welcome to ski as fast or as slow as you choose and as many times as you would like. We can offer a few tips on skiing, information about our ski and snowshoe club, or anything else you might like to know. If you have no skis, rentals are available. If you are renting skis, you may call the Chalet during office hours (705-360-1444) to have your skis ready when you get there. If you have questions about Ladies Night, please text or call Christine at 705-262-9610, or email Christine@nconn.com

You can also stay up to date through our Facebook page.



Website and Communications

~Neal McNair

In an effort to streamline the distribution of regular club news—trail conditions, closure announcements, etc.—we ask that our members refer to our website as their primary source. On the home page you will find a quick ‘trail conditions’ summary as well as the headline stream from our official Facebook page.

We will no longer use mass emails for trail and closure updates to the membership. Email lists are difficult to maintain and inevitably get out of date, making it difficult to include everyone. It is much fairer to ask that people check the website for conditions and announcements.

Trail conditions on the website will be updated by 9AM or earlier most mornings. Other announcements such as closures due to weather or special events will be posted on our official Facebook Page, which has a live “Newsfeed” on our website homepage.

Which Facebook page?

There may be some confusion among the membership about the PSR Facebook Page versus the Facebook Group. The Facebook Group is a discussion group about PSR. It is moderated by PSR member and former Director Claude Gagnon. It is very active, with over 600 members, and it is full of useful information, beautiful pictures and great discussion about PSR and skiing in general. It is, however, only accessible to those with a Facebook account.

In contrast, the Facebook Page is accessible to anyone, even those without a Facebook account. It is PSR’s official Facebook presence. With the newsfeed from the Page embedded on our website homepage, members do not even need to go to the Facebook website to read the announcements. For these reasons, we are limiting our official announcements to the Facebook Page and the website.

If you have a Facebook account, I encourage you to search for “Porcupine Ski Runners” and you will see both our Page and Public Group listed. Please join the Public Group and participate in the discussion there. Also, please take a moment to ‘Like’ our Facebook Page to ensure that our announcements appear in your personal Facebook Newsfeed.

Jackrabbits and Skills Development

~Christine Dorion

Registration for the 2015-2016 Skills Development Program (Jackrabbits) will take place on Saturday, November 21 from 10 AM until 1 PM and Sunday, November 22 from 1 PM until 3 PM at the PSR Chalet. The program cost is \$40 and equipment rental, if required, is \$40 for the season. Please bring your child to the registration day if they require fitting for rental equipment. The Jackrabbits Program is for children 3-5 years old (each child accompanied by one parent or other adult) and children 6-12 years old (no parent accompaniment required). All children and accompanying parents must be PSR members (memberships may be purchased online or at the Chalet on registration day).

The program runs for 1.5 hours every Sunday afternoon. Start times are 1 PM or 1:30 PM depending on your child’s group placement. There will be one session on December 13, 2015, and then the season starts on January 3, 2016.

There are a limited number of spaces available but children who were enrolled in the program last year have a spot reserved. However, you must register on Registration Day. If your child will not be returning, please notify us via email so we may open a spot for a newcomer. This program is made possible by a number of volunteers, so we are always looking for parents/adults to help during lessons. For general questions and enquiries, contact Christine Dorion, psrjrcoach@gmail.com

For more information on these programs please refer to the Cross Country Canada website:
<http://www.cccski.com/Programs/Athlete-Development/Skill-Development-Programs.aspx>.





Programme Jackrabbit

~Christine Dorion

L'inscription sera le samedi 21 novembre de 10 h à 13 h et le dimanche 22 novembre de 13 h à 15 h. Vous devez y être en personne au chalet de Porcupine Ski Runners. 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 (inscrire en ligne ou en personne les jours d'inscription).

Les sessions sont les dimanches de 13 h (ou 13 h 30 selon le groupe d'âge) et d'une durée d'environ 1.5 heure. La saison commence le 3 janvier, 2016 sauf pour une session qui aura lieu le 13 décembre, 2015.

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! Nous sommes toujours à la recherche de parents / adultes pour aider durant les leçons. Tout le programme est possible grâce aux bénévoles. Joignez-vous à notre équipe!

Pour toute question, contactez Christine Dorion au psrjcoach@gmail.com

Pour plus d'info sur les programmes de ski de fond, visitez le site de Cross Country Canada
<http://www.ccski.com/Programs/Athlete-Development/Skill-Development-Programs.aspx>

Track Attack/ PSR Development Team

~ David Vodusek

The PSR Development Team 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.

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. These young athletes supported one another as a team and demonstrated excellent sportsmanship throughout the season. Race events that our Development Team will take part in this season will include local loppets and nearby invitational ski races.

The Development Team continued to train throughout the summer and autumn months, focusing on teamwork, sportsmanship and having fun with group workouts and fun runs. For more information on the program email David Vodusek at psrrace@gmail.com.

Race Team

~Mike Kornell

The Race Team is open to youth ages 13+ with existing ski experience. They train approximately 4-6 days a week for most of the year. In the summer, training consists of jogging, cycling, hill bounding, Nordic walking, roller skiing and core strengthening. Winter training consists of strength training, along with improving classic and free skate ski techniques. The goal of the team is to enhance their fitness level and compete with other Nordic skiers at the provincial and national level. Participation at local Loppets is encouraged. OCup race information can be found on the Ontario Cross Country Skiing website www.xco.org.

For additional information contact Mike Kornell, (kornell41@gmail.com) or Neal McNair (mcnairneal@gmail.com)



High School Nordic Ski Teams

~John Labine

Group practices for local high school Nordic ski teams will start the first weekend in December and will take place every Saturday from 10:15-11:00AM and Sunday from 3:00-3:45PM. Practices will focus on the fundamentals of Nordic free (skate) skiing with plenty of time to ski with friends, teammates and family. The practice schedule may be altered from time to time so it is important to check the schedule that will be posted at the PSR chalet. Some schools may hold additional practices during the school week. Skiers must attend a minimum of 12 practices in order to qualify to compete in the regional NEOAA Championship (held in early February) and possibly continue on to the provincial OFSAA Championship (which will take place in Collingwood in late February).

If you are interested in joining a high school Nordic team, please contact the appropriate school representative:

THVS - John LaBine

OHS - Lisa Romanowski

ESCT-Angela Morin-Labine

Interested skiers from schools not listed above can contact John Labine at psrrace@gmail.com for additional information.

Timmins High and Vocational School and O’Gorman High School will co-host the 2017 OFSAA Nordic Championships with Porcupine Ski Runners as the host site.

Timmins Biathlon Club

~Angele Caporicci

The Biathlon Bears are holding an information and registration day on December 5 from 2-4PM. Athletes registering for the program must be a minimum of 8 years old and a member of PSR. Skate skis are required (rentals available from PSR).

They will continue to work on ski skills as well as learn to fire a 0.177 pellet rifle on the range area.

Training will begin in December on the range. Saturday, January 2, 2016 from 11:00AM - 1:30PM will be our confirmed start date for skiing.

	Biathlon Bears fee	Biathlon Ontario fee
Biathlon Bears (non-competitive)	\$150.00	\$35.00
Competitive Racers under 14	\$150.00	\$75.00
Competitive Racers over 14	\$150.00	\$150.00
Adult Bears (non-competitive)	\$150.00	\$35.00



Porcupine Ski Runners Cross Country Ski & Snowshoe Club
APPLICATION FOR MEMBERSHIP

2015 - 16
705-360-1444

Please use this Application Form if you are mailing your application

ONLINE REGISTRATION – It will save us time if you register and pay online at: porcupineskirunners.com NO processing or credit card charges

MAILING ADDRESS (please print)

Name:					Office Use Only
Address:					
City:		Prov:		P Code:	
Phone:		Cell:		e-mail:	

Note:
Jackrabbit registration is done separately

Please complete the INFORMATION below required for REGISTRATION & INSURANCE (for all members)

Category	Cost	Select and enter \$	Names	Gender (M or F)	Birth Date YYYY / MM / DD
Ski & Snowshoe Membership					
		✓	1.		___ / ___ / ___
Adult	\$150		2.		___ / ___ / ___
2 – Adult Family	\$260		3.		___ / ___ / ___
Senior	\$115		4.		___ / ___ / ___
2 – Senior Family	\$200		5.		___ / ___ / ___
Student #	\$60 ea		6.		___ / ___ / ___
Family – 3 members	\$280				
Family – 4 members	\$290				
Family – 5 members	\$295				
Family – 6 members	\$300				
Snowshoe Only Membership					
		✓			
Adult	\$60				
Senior #	\$45 ea				
Student #	\$25 ea				
Family	\$110				
Other					
		✓			
Locker rental (renewal only)	\$60				
Donation to help rebuild PSR reserve fund					
HST is included in all fees listed HST # 119471639		TOTAL			

Please check the following information	Yes	No
I want to receive the PSR newsletter via email?		
I or one of my family wants to assist PSR by doing some volunteer work?		
I am requesting a locker to rent. (Do not pay now – you will be contacted)		

Enclose **Cheque** or **Money Order** made payable to:
Porcupine Ski Runners
Mail to: Porcupine Ski Runners - Membership
Box 250
Schumacher, ON P0N 1G0

Credit card payment can be done only at PSR office or by registering online

Please see the reverse side for information on RELEASE and WAIVER.

Your **SIGNATURE IS REQUIRED** on the reverse side.

Cette inscription est disponible en Français à porcupineskirunners.com



CROSS COUNTRY CANADA 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**), Northern Ontario District (NOD) (hereinafter called the **District**) and Porcupine Ski Runners Ski Club (hereinafter called **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 **District** 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 whether 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 other risks normally associated with participation in the **Activities**.

3. Furthermore, the Parties are aware:

- a) that injuries sustained may be severe, paralysing or fatal;
- b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**, the **District** and the **Club**;
- c) that the risk of injury is reduced if the Participant follows all rules established for participation; and that the risk of injury increases as the Participant becomes fatigued.

Disclaimer

4. In consideration of **CCC/CSA**, the **District** 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 **District** 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 **District** and the **Club**, caused by the risks, dangers and hazards associated with the **Activities**.

Acknowledgement

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 **District** 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 **District** 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 **District** 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 **District** and the **Club** websites;

- b) grant permission to **CCC/CSA**, the **District** and the **Club** to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, the **District** and the **Club** through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, the **District** 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 sell or distribute your personal information to any other third party not listed herein.

<p>I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement</p> <p>Name: _____</p> <p>Date: _____</p> <p>Signature: _____</p>	<p><i>NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below</i></p> <p>Name of Parent/Guardian: _____</p> <p>Date: _____</p> <p>Parent/Guardian Signature: _____</p>
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