



Track 3 Fall 2009 Newsletter

From the President

Greetings Everyone:

It is hard to believe that the summer is over, as cool it was, and we already had snow. That means we will be skiing again, soon!

So far it looks like we have another full roster of students and with lots of effort we hope to get you all on the hill. There are some changes for this year as all instructors will be required to wear helmets. We will also be combining our off hill and on hill training to one weekend instead of the two weekends from the past.

As in the past, we always look for parent volunteers to assist our coordinators to help make the program a success. The biggest help will come from Mother Nature in the form of snow. If that doesn't happen we can count on the London Ski Club and their excellent snow making abilities to make our program a success.

To be informed, please keep a close eye on the "Important Dates to Remember" section of our webpage: <http://www.londontrack3.ca>

I look forward to seeing all of you on the hill.

Brian Van Heteren
President

Special Events Report

I am looking forward to seeing all old and new Track 3 participants this year.

We will be holding two special events as in previous years. The first will be our Boler Blitz which will take place Jan.31, 2010 at the London Ski Club. The Waterloo Track 3 Ski School will be joining us for a day of skiing, racing, fun and eating. The second event will be held Feb 20th at the Chicopee Ski hill where the Waterloo Track 3 will be hosting us. Look for details in the club house about these two very fun events, make sure to register early.

For all the volunteers, we will once again be holding an appreciation day at the end of our program (date to be announced).

See you all on the hill.

Lise McDermott
Special Events Coordinator

FUNDRAISING

A new season of fundraising began in April when Boston Pizza attended our 2009 AGM to present a cheque for \$147.88 from the funds that we raised from the 4 area Boston Pizza's through out the year last year.

This program is continuing this year, so do not forget to put "London Track 3" on your receipts and place them in the kick back box after your meal. Everyone can participate.

The VESEY'S Bulb campaign was done again this year & was once again a successful fundraiser, raising \$503.50 for the program. Thanks to all Track 3 members who participated.

In September Track 3 held our 2nd annual Boston Pizza Booster Night & Silent Auction and it was a FANTASTIC success once again! 39 Silent Auction items were donated from London, Grand Bend & Area businesses and individuals. The auction itself raised \$3,370.00 with the grand total from ticket sales (110 sold), donations from people that could not attend, and the auction was \$5,050.04! This is \$2,000.00 more than the Boston Pizza fundraiser in 2008.

It is my hope to have the event again next September and that more Track 3 members, instructors, students, family and friends will attend - all are welcome. Thank you to everyone that attended and supported our cause again this year!

Along with the annual fundraisers, three donors from last year donated to our program again this year, for a total contribution of \$3,500.00. Thank you so much!

Track 3 had our 7th annual Halloween Run in Springbank park on Sunday October 25, 2009. The day kept getting nicer as it went on, sunny, bright and very pleasant. Special mention goes to our top 3 fundraisers: 1st - Jordan Strickland, 2nd - Howard Mueksch & 3rd - Liz Sloan. These three participants also received great prizes. Thanks to their efforts and a few others, we raised just over \$ 5,752.50, making this year's total the top amount raised in the seven years we have held the race. The London Free Press also attended the event and gave London Track 3 great coverage!

The article can be read at:

<http://www.lfpress.com/news/london/2009/10/26/11523506-sun.html>

Thank you to Paul Roberts of Runner's Choice, the volunteers, and the almost 400 participants in the race. *Remember, this is a fundraiser for Track 3*, and the race for 2010 is on Sunday October 31st - yes on HALLOWEEN! Lets all encourage more participation from our students, parents, friends and family at the 2010 race to come out and have fun while raising money for Track 3.

Just a reminder for next year and all future races, to members and all supporters of Track 3, our main way to raise money for the program from the race is to get PLEDGES, PLEDGES, PLEDGES! Even if you cannot participate in the race lets all get Pledges next year. The pledges can either be given to a runner, or just handed in to show your support and help cheer on the racers and most of all, help London Track 3! We can raise the bar a lot more - LETS DO IT!!

Just for interest sake we have raised \$14,953.88 to date this year, up from the \$11,000.00 raised at this time the past two years!

Our two major fundraising projects are ongoing and progress is follows:

1) Ski Replacement Project - has raised \$14,654.00 of the \$28,500.00 needed to purchase all 140 pair of skis. Half way there ☺

2) SPONSOR A LIFT CHAIR CAMPAIGN - has raised \$1,630.00 of the \$5000.00. Thanks to the many parents of Track 3 students who generously gave \$630.00 in donations toward the project.

See you on the slopes & I look forward to updating everyone with more good news in our Spring Newsletter.

Anyone who knows; an individual, a company, a workplace or an organization who may wish to support London Track 3, Contact Tabetha Burley at burleytj@execulink.com OR (519) 243 3516 with more information.

Thank you to everyone for their supporting Track 3!

Tabetha Burley
2009-2010 Fundraising Coordinator

Equipment co-ordinator

On Saturday Dec 5th from 10 am til 3 pm, we will be holding our Boot/Equipment Fit. This is the time when we fit our students with boots and skis. This is very helpful to getting the program going first class. I need to fit new and returning students. If you are a returning student and have not changed height, weight or shoe size, let me know prior to Dec. 5th, so I can reserve equipment & save you the trip.

We are limited in sizes so your attendance or confirmation of "no change" is very important!!!

I will also need volunteers during the day. You can come for a short time or stay for the entire time, just contact me at 519-672-2998 or robriw@hotmail.com to let me know if you can help.

Remember Don't eat the snow, we ski on it!
Rob Williamson

Tuesday Night Program

The Tuesday night program was new last year and was a great success. We had good luck with the weather and even enjoyed fresh snow on a couple evenings. It was fantastic to work with both the students and the instructors. Throughout the program, there was lots of improvement from every student and we were amazed at how fast the first-years progressed. Congrats to all!

As the cold weather approaches, we are looking forward to another fantastic year and are wishing for lots of snow. Jenny Miller will be joining the Tuesday night crew as a coordinator and together we would like to welcome back returning students and instructors as well as those new to the program. If you have any questions please do not hesitate to contact us.

Cheers
Jenny Miller
Sarah Stenabaugh

Saturday Morning Program

2009 has been quite a year, but the coming snowfall means a fresh start and a chance to hit the slopes! I'm excited to see everyone again. This winter is looking to be a cold and snowy one, which sucks for the shoveller in the family but is great for the skiers!

I'll be working with Kim this year to coordinate the Saturday morning class. I'll be in contact with everyone when the start day draws near. Until then, if you have any questions please feel free to email me at acrook@royalpage.ca

Thanks,
Andrew Crook
Kim Pryslak

Saturday Afternoon Program

Saturday p.m. co-coordinators Sarah Milne and Jackie Pugh plus humble boy servant Tom Creech (in the equipment room) would like to extend a warm welcome to our returning instructors and students plus our new instructors and students.

Us Saturday folks like to think of ourselves as the Jimmy Buffet group of Track 3ers: we're a little on the laidback side, basking in the usual sunshine of a Saturday afternoon and just getting a little bit of a sugar high thanks to Sarah and daughter Shelly's exploits in the kitchen the night before. Yes, there's nothing like a Milne cookie to kick off the afternoon.

And being the parrot heads that we are, while we love our Saturday morning co-horts we're just as happy to see them go so that we get into our Sat. p.m. groove.

So, while we're not trying to poach any instructors or students from the other programs, why not drop by Saturday afternoons and see what we're all about?

Who knows; you might even be offered a Pina Colada (alcohol free of course).

Sara Milne - afternoon

Jackie Pugh

Tom Creech

