

April 23, 2010

Volunteers needed at the Canmore Nordic Centre Provincial Park

Earn rewards, like free ski passes, for donating your time this summer

Canmore... Spending some time volunteering on a cross country trail project or biking in the Bow Valley could earn you rewards, like a free ski pass, at the Canmore Nordic Centre Provincial Park this summer.

The park's summer volunteer program encourages local residents and visitors to connect with nature in a positive and proactive way and is designed to improve the park for visitors and help volunteers develop a stronger sense of community and ownership.

Volunteers will earn rewards for hours worked. For example, a volunteer who donates 20 hours of work on a trail crew will receive a free season ski pass.

There are a number of volunteer projects, with various responsibilities and flexible time commitments.

Volunteer Program	Responsibilities	Date	Time Commitment
Cross Country Trail Crew	Assist with maintenance projects on the Nordic ski trail	Every Sunday 1 p.m.	3 hours
Mountain Bike Trail Crew	Assist with maintenance projects on the single track trail	Every Saturday 1 p.m.	3 hours
Biathlon Range Crew	Assist with maintenance projects at the biathlon range	Every Friday 4 p.m.	3 hours
Bike the Bow Valley Trail Information Crew	Collect information on rides in the Bow Valley. This job involves cycling a designated route with a GPS unit and camera. Volunteering must be done in pairs.	Flexible	Various
Trail Monitors	Provide maintenance report on trails in the Bow Valley. Volunteering must be done in pairs.	Flexible	Various

Information on how to become a volunteer is available at the information counter in the Canmore Nordic Centre Day Lodge. There are opportunities for individual or group volunteers between May and September. For more information on volunteer opportunities, contact Magi Scallion at 403-678-2400, ext. 112 or magi.scallion@gov.ab.ca.

- 30 -

Media inquiries may be directed to:
Magi Scallion, Events Coordinator
Alberta Tourism, Parks and Recreation
403-678-2400, ext. 112
magi.scallion@gov.ab.ca

Camille Weleschuk, Communications
Alberta Tourism, Parks and Recreation
780-427-2206
camille.weleschuk@gov.ab.ca

To call toll-free within Alberta, dial 310-0000.