

Thrilling, in spite of the Chilling Weather

After a busy summer we are all content to take a deep breath of crisp autumn air and relax into our fleece sweaters and mid-weight wool socks. Every day brings feelings of satisfaction when the thermometer finally hits 50, and the sun shines through the limbs of still trees. However, we all know that the real thrill of it all is in knowing that this picture is not forever. That tomorrow rakes may turn into shovels and sweaters will be only 1 of 4 layers under an insulated jacket. This is what we live for!

I like to think that participating in outdoor recreation is something natural, something we *should* be taking part in. At one point in time XC-skiing to the grocery (or the lake) for food was the best way to go! Snowshoeing still gets me around better than boots on an unplowed city block (although this may not seem natural to others). And what if we did have to sit on ice with a stick and wait for food to bite? I'm happy we don't have to, but appreciate the opportunity to try.

This coming winter and spring I encourage you to take part in programs that thrill you! Warm up from the inside by doing activities that make you smile, and by passing that smile along. Get excited about trying something new with others! Volunteering at Three Rivers Park District-ORS is the perfect vehicle to get you outside and having fun during the unpredictable months ahead. Please count on us for a good time! We look forward to seeing you soon in all your layers and glory.

Enjoy, Katie Andersen
ORS Volunteer Coordinator, Rec Programmer



Q&A with Volunteer Laurie Johnson

Q: When did you start volunteering with Three Rivers Park District ORS and what do you do here?

A: I believe it was about 3 years ago, maybe 4. Time flies when you're having fun!! I've spent the most time with the various paddling programs throughout the summer. But I've also been helping out with snowshoeing in the winter, some maple syruping in the spring and the occasional special event throughout the year.

Q: What are you looking forward to doing this winter/spring?

A: Looking forward to getting those snowshoes out again! Also want to try my hand at cross-country skiing this winter. I hear Three Rivers Park District has great classes. :)

Q: What is something you have learned from volunteering with the ORS?

A: I have learned that canoes are very heavy, especially when trying to lift them over your head while hanging off a trailer at the same time. LOL. Actually, I've learned that there are so many people out there hungering for a taste of nature with its beauty and serenity. It's great that Three Rivers provides everyone with that connection and I'm so glad to be a part of sharing it with people.

Q: What is your favorite part of volunteering with the ORS?

A: The people. The staff at the ORS is the most fantastic group of people to work with . . . period. And the program participants are always an interesting mix to keep things lively and interesting.

Q: What is your least favorite part of volunteering with the ORS?

A: Remember me mentioning lifting those heavy canoes while hanging off a trailer . . . I think the biggest bummer though is when each season ends. But there's always the next one to look forward to!



Upcoming Events & Programs



Murphy-Hanrehan frigid Time Mt. Bike Race

Jan. 7th, 9-3pm

Murphy-Hanrehan Park Reserve

3-4 Program Assistants for registration/drinks, 3-4 Park Patrollers on trail.

Candy Cane Hunt

Dec. 17th, 11:30-4:30pm

Silverwood Regional Park

Program Assistants for greeting, registration, games and refreshments.

Winter Survival Camp

Dec. 27th-29th, 9-3pm

Cleary Lake Regional Park

Program Assistants for half or full days. Assist staff in educating youth on winter survival techniques.

Girl Scouts: Fish Lake Ice Festival

Sat. Feb. 25, 9:30- 2:30 p.m.

Program Assistants: 6 (registration/welcome, snowshoeing, ice fishing, kicksleds)

Orienteering Skills Clinic

Mar. 24th, 12-3:30pm

Hyland Lake Park Reserve

Program Assistant and Park Patrol Volunteers to help participants on course with basic map/compass understanding.

Trail Mix Race

Apr. 21st, All Day

Hyland Lake Park Reserve

Trail Patrollers, water stops, registration, race start, and distribution

Women's Programs

Women's Winter Getaway

Feb 10th-12th

Baker Near Wilderness Settlement

Volunteers Needed: 2 Program Assistants needed to help with fires, snowshoeing, XC-skiing, and set-up/take down of meals. Cabin and meals incl.

Ice Fishing Day

Feb. 4th, 9-12pm

Fish Lake Regional Park

Volunteers Needed: 2 Program Assistants with ice fishing experience

Adaptive Programs

Training available. Non-adaptive volunteers will have the choice to use non-adaptive equipment

Adaptive Ski Lessons

Jan. 8th & 22nd 3-4:30pm

Elm Creek Park Reserve

Volunteers Needed: 3 Program Assistants to help participants with adaptive gear and skiing

Adaptive Ski Club

Weds., Jan 4th- Feb 8th, 6:30-8pm

Volunteers Needed: 3 Program Assistants to help participants with adaptive gear and skiing



Contact Alex McKinney, for more information on volunteering or to request a program or event. Please call 763-694-7720 or email AMcKinney@threeriversparkdistrict.org

Ongoing Volunteer Opportunities

Cross-Country Ski Volunteers

Previous experienced required. Please attend the Staff/Volunteer XC-ski program training on Weds., Dec. 7th, from 1-3pm.

Snowshoe Volunteers

Assist ORS Staff with Snowshoe programs throughout the Parks and at Outreach sites.

Ice Fishing Volunteers

Previous experience required. Teach family and youth groups how to fish in the winter time.

Winter Survival Volunteers

Help to educate groups on winter survival techniques. Curriculum may include: snow shelters, animal tracking, and cold weather adaptations.

Green Fit Club

Varying programs from XC-Skiing, Snowshoeing, Trail Running, and more. 1 Hour of semi-strenuous to strenuous activity. Located at French Regional Park.

Maple Syrup Volunteers

Teach students, scouts, and the public the secret to turning sap into syrup at French Regional Park. Throughout the month of March.



The Recreation staff is based at the Field Operations Center in French Park. We provide outdoor recreation programs at various locations throughout the park district. Volunteers are needed to help with public programs or events, as well as groups programs with scouts, schools, and seniors.

Special Thank You to Autumn Woods Classic Volunteers

On Saturday, October 8th, Elm Creek Park Reserve was full of energy with competitive runners, leisurely walkers, and kids having a great time running, dancing and climbing. Total registration for this year's race was 1,978 participants, just under our overall record year in 2008, and it was the largest 1K kid's race in the history of the event.

10K: 563

5K: 872

1K: 543

Estimated spectators: 930

This annual event involves many staff and volunteers who take care of the many details involved with the races and the activities planned during the morning. This year the committee set a goal to add more green components to the event. A bike corral was available courtesy of one of our sponsors, Erik's Bike Shop. A monitored compost/recycle/trash area was implemented and a goal set that we would be a zero waste event (no more than 1 ounce of trash per participant). We easily met that goal; trash at the end of the event totaled 23 pounds – just 0.19 ounces per participant. Everything else was recycled or composted. Race bags were eliminated this year, with participants receiving an e-mail to a virtual race bag where they could download coupons from some of the sponsors.

Pictures of volunteers at the race can be found on the Three Rivers Park District volunteer Facebook page. Derek Dickinson also posted a YouTube of the start of the three races; you may see some familiar faces among the runners/walkers. The YouTube video is available here: <http://www.youtube.com/user/ThreeRiversParks>

This event couldn't happen without the support of volunteers throughout Three Rivers Park District. It is an event we can all be proud of! Thank you to everyone who worked the day of the event and helped with the planning of this year's Autumn Woods Classic.

Alex McKinney
ORS Supervisor
Three Rivers Park District

Outdoor Recreation School Staff

Alex McKinney, Recreation Supervisor
763-694-7720
amckinney@ThreeRiversParkDistrict.org

Marlys Walters, Secretary
763-694-7717
mwalters@ThreeRiversParkDistrict.org

Michael Gottschalk, Recreation Specialist
763-694-2052
mgottschalk@ThreeRiversParkDistrict.org

Dan Fjell, Recreation Specialist
763-694-7722
dfjell@ThreeRiversParkDistrict.org

Ann Schinas, Recreation Specialist
763-694-7726
aschinas@ThreeRiversParkDistrict.org

Megan Kelzenberg, Recreation Specialist
763-694-7725
Mkelzenberg@ThreeRiversParkDistrict.org

Amy Forslund, Recreation Programmer
763-694-7777
aforslund@ThreeRiversParkDistrict.org

Heather Gordon, Recreation Programmer
763-694-7718
HGordon@threeriversparkdistrict.org

Jennifer Plaster, Recreation Programmer
763-694-2049
jplaster@ThreeRiversParkDistrict.org

Jessie Izquierdo, Recreation Programmer
763-694-7725
jizquierdo@ThreeRiversParkDistrict.org

Katie Andersen, Recreation Programmer,
Volunteer Coordinator
763-694-7723
kandersen@ThreeRiversParkDistrict.org

Sam Pertz, Recreation Programmer
763-694-7718
SPertz@threeriversparkdistrict.org

Sarah Olson, Recreation Programmer
763-694-7717
SOlson@ThreeRiversParkDistrict.org

Tracy Tabaka, Recreation Programmer
763-694-7719
ttabaka@ThreeRiversParkDistrict.org

Sam Tabaka, Recreation Programmer
763-694-7719
STabaka@threeroversparkdistrict.org

