



CANADIAN SKI  
MARATHON  
CANADIEN DE SKI

44<sup>th</sup>  
Edition  
Since 1967

**Revised  
February 8, 2010**

# ***Skier's Guide***

**February 13 & 14, 2010**

**GATINEAU • MONTEBELLO • LACHUTE**

## **Information**

**Phone: (819) 770-6556**

**Toll Free: 1-877-770-6556**

**Fax: (819) 770-7428**

**Email: [ski@csm-mcs.com](mailto:ski@csm-mcs.com)**

81 Jean Proulx, Office 200 Gatineau, Quebec J8Z 1W2  
[www.canadianskimarathon.com](http://www.canadianskimarathon.com)



The 2010 CSM wishes to thank its proud sponsors.

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Proud sponsor of CSM volunteers



# Your Skier's Package Contains:

- 1) Skier's Guide
- 2) Bib
- 3) 44<sup>th</sup> anniversary badge
- 4) Luggage tags and bracelets
- 5) Bus tickets (if applicable)
- 6) Banquet tickets (if applicable)
- 7) Registration confirmation and credit card receipts
- 8) Good Samaritan card
- 9) Maps of the City of Gatineau (Buckingham sector) & Lachute
- 10) Trail Map

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TO REACH US ON THE WEEKEND OF FEBRUARY 13 & 14, 2010 CALL: 1-877-770-6556

## Our thanks to the sponsors, supporters and friends of the CSM:

• **Boutique and Waxing Services:** The Cyclery • Le Suroît Cycle et Ski • Pecco's • Fresh Air Experience • Mountain Equipment Co-op (Ottawa) • Swix Ski Wax • Trailhead • Chelsea Freshmart • **Clubs:** Argenteuil Ski doo Club • Viking Ski Club • Papineauville & Montebello Walking Club • Hibou Blanc Ski Doo Club • Argenteuil ATV Club • Ottawa & Lachute Amateur Radio Club • Randonnée Aventure • Sedbergh School • Guy Thibaudeau • Imprimerie ECO • Joe Drouin Entreprise Ltd • Canadian Ski Museum • Landowners (more than 200) • **Scouts and Cadets:** Outaouais Cadets • Orleans Girl Guides • Aylmer, St-Pierre Chanel Pionniers (scout) • Outaouais, Rockland and Cumberland Scouts • Lachute Scouts & Cadets • **Fire Services:** Brownsburgh-Chatham • Grenville-sur-la-Rouge • Lachute • Mayo • Montebello • Papineauville • St-André Avelin • **Military Services:** 763rd Communications Regiment (Ottawa) • Canadian Forces

## President's Welcome Message

Dear Skiers,

Welcome to the 44th consecutive edition of the Canadian Ski Marathon. I am honoured to serve my third year as President of the Canadian Ski Marathon. I am looking forward to another year of great snow, fabulous Nordic skiing and unforgettable camaraderie amongst the friends and participants and volunteers of the CSM; the worlds longest and most unique cross-country ski tour.



During the past 44 years, we have received volunteer support from our Canadian Military for many important functions to protect your enjoyment and security including manning of road and highway crossings, communications and evacuation services not to mention 24 hour supervision of the Gold Camp for CDB Gold skiers. During the past two years, the Val Cartier Regiment has registered approximately 50 servicemen in the event and the CSM is proud to have their participation. This year, I am taking great pride in welcoming The Honourable Peter Gordon MacKay, Minister of National Defence and Minister for the Atlantic Gateway as the CSM's Honourary President. Without the support of our National Defence volunteers, this event could not possibly exist.

This year, we have improved our bar code bib reading system thanks to a combined effort from Viascan Technologies, Psion Teklogix and Lixar (our Gold Sponsor for the past 3 years). Information will now be transferred from our bar code readers to an FTP site wirelessly several times during the day so that participants and friends will be able to track friends and relatives alike. Visit the CSM website during the weekend for details. I also want to thank Polaris Industries and its local distributor Marine Nord Sport for providing us with two brand new wide track snowmobiles for preparing and maintaining the trail. Special thanks again to Ministère de l'Éducation, du Loisir et du Sport (MELS) and le Ministère du Tourisme (Bonjour Quebec) for their continued support of the CSM. We extend our gratitude to all our sponsors and suppliers for their invaluable contribution to the CSM.

Many of you may not be aware that the CSM has operated for 3 years without a major or title sponsor. As a result, our revenue must come from other sources for the event to be able to continue operating in the future at the same level of quality and safety as in the past. I appeal to all of you to try to help keep this special celebration of Canada's winter alive by supporting our CSM Endowment Fund and making donations to help maintain our trail. I would also ask you to help support our Silent Auction and our Louis Garneau Store and to spread the word to friends and family to increase participation in the CSM in every age category. Our goal of 2300 skiers is attainable with your support.

On behalf of the Canadian Ski Marathon's Board of Directors, staff, and its 600 plus volunteers, I wish to extend a warm welcome to all skiers for their participation in the 44th edition of the CSM.

**Gregory Koegl**  
President, Canadian Ski Marathon

## Honourary President's Message

Dear Skiers,

I would like to welcome you to the 2010 Canadian Ski Marathon. Starting in the wilderness of the National Capital Region, the Canadian Ski Marathon offers a uniquely Canadian challenge and experience. Whether you're here for a family day or striving to complete the Coureur des Bois class, you are embracing the Canadian winter and are to be congratulated for choosing to participate in such a worthy endeavour.



The Canadian Forces and the CSM share a history of mutual support that spans over forty-four years of sharing the objectives of fostering a commitment to fitness, health and embracing challenge. In years past, over three hundred Canadian Forces personnel have volunteered their time at the CSM. This year, Canadian Forces members are at road crossings, hydration stations, managing camps and fires, and standing ready to provide emergency assistance wherever and whenever it may be needed. I would like to thank our men and women in uniform for their contribution here, and all over the world. I would ask you to do the same as you encounter them on your journey from Gatineau to Lachute.

I am honoured to have been chosen as this year's Honourary President and I would like to thank and congratulate the planners and organizers of this wonderful event

**Peter MacKay**  
Minister of National Defence and Minister for the Atlantic Gateway,  
Member for Central Nova, Nova Scotia

## Charter Buses

### FRIDAY, FEBRUARY 12, 2010

DEPARTURE	TIME	DESTINATION	ARRIVAL
<b>Gatineau</b> Nicolas-Gatineau High School	6:30 PM	Papineauville Dorm Le Château Montebello	7:45 PM 8:30 PM
<b>Montreal</b> Central Station Berri - UQAM	6:00 PM	Le Château Montebello Papineauville Dorm	8:45 PM 9:15 PM
<b>Lachute (via Montreal)</b> City Hall	7:30 PM	Le Château Montebello Papineauville Dorm	8:45 PM 9:15 PM
<b>Toronto ( 4 Stops)</b> Midland - Huronia Medical Centre	9:30 AM	Papineauville Dorm Le Château Montebello	6:30 PM 7:15 PM
Barrie - Canadian Tire Gas Station, Bayfield Mall, Hwy 400, ext. Bayfield Rd	10:15 AM		
Scarborough Town Center - Walmart	11:45 AM		
Kingston - Division Street, Hwy 401, near McDonald's	2:30 PM		

### SUNDAY, FEBRUARY 14, 2010

DEPARTURE	TIME	DESTINATION	ARRIVAL
<b>Papineauville Dorm</b>	8:00 PM	<b>Lachute</b> (City Hall) <b>Montreal</b> Central Station Berri - UQAM	8:45 PM 9:45 PM
<b>Papineauville Dorm</b>	7:30 PM	<b>Toronto</b> Kingston - Division Street, Hwy 401, near McDonald's	10:45 PM
		Scarborough Town Center - Walmart	1:45 AM
		Barrie - Canadian Tire Gas Station, Bayfield Mall, Hwy 400, ext. Bayfield Rd	2:45 AM
		Midland - Huronia Medical Centre	3:15 AM



## Free Shuttle Buses to Buckingham and Gatineau

Saturday, February 13<sup>th</sup>

BUS	DEPARTURE	TIME	DESTINATION
Free Shuttle	<b>Château Montebello</b>	3:00 PM 6:00 PM	<b>Nicolas-Gatineau High School</b>
Free Shuttle	<b>Papineauville Dorm</b>	3:15 PM 6:15 PM	<b>Nicolas-Gatineau High School</b>

## Free Shuttle Buses from the Banquet

Sunday, February 14<sup>th</sup>

BUS	DEPARTURE	TIME	DESTINATION
Free Shuttle	<b>Papineauville Dorm</b>	3:15 PM 6:15 PM 8:00 PM	<b>Nicolas-Gatineau High School</b>

**NEW FOR 2010:** The departure of the Shuttle Bus shall be every 60 minutes until the checkpoint is closed and skiers have finished the section.

## Free Shuttle Bus Service

SATURDAY February 13, 2010			TOURERS			TOURERS			TOURERS			TOURERS					
Departure from:	COUREUR DES BOIS	Tourers	First Departure	60 min. service from	Last Departure	First Departure	60 min. service from	Last Departure	First Departure	60 min. service from	Last Departure	First Departure	60 min. service from	Last Departure			
			C.P. 1			C.P. 2			C.P. 3			C.P. 4			C.P. 5		
Polyvalente Papineauville	5:10	7:15	7:55	8:45	10:45	7:55	8:20	12:20 PM	7:55	10:05	12:05 PM	9:45	10:35	12:35 PM			
Le Château Montebello	5:15	7:20	8:05	8:55	10:55	8:05	8:30	12:30 PM	8:05	10:15	12:15 PM	9:55	10:45	12:45 PM			
St-Michel School Montébello	N/A	N/A	8:05	9:05	11:05	8:05	8:35	12:35 PM	8:05	10:20	12:20 PM	9:55	10:50	12:55 PM			

SUNDAY February 14, 2010			TOURERS			TOURERS			TOURERS			TOURERS					
Departure from:	COUREUR DES BOIS	Tourers	First Departure	60 min. service from	Last Departure	First Departure	60 min. service from	Last Departure	First Departure	60 min. service from	Last Departure	First Departure	60 min. service from	Last Departure			
			C.P. 6			C.P. 7			C.P. 8			C.P. 9			C.P. 10		
Polyvalente Papineauville	5:10	7:15	7:55	8:55	10:55	7:55	9:05	1:05 PM	7:55	10:35	12:35 PM	9:45	10:20	1:20 PM			
Le Château Montebello	5:15	7:20	8:05	9:05	11:05	8:05	9:15	1:15 PM	8:05	10:45	12:45 PM	9:55	10:30	1:30 PM			
St-Michel School Montébello	N/A	N/A	8:05	9:10	11:10	8:05	9:20	1:20 PM	8:05	10:50	12:50 PM	9:55	10:35	1:35 PM			

The shuttle bus service enables you to depart and return from all check points according to the above schedule. It is not developed with the intention of skipping from one section to another. The shuttle bus service is INCLUDED in your entry fee. Please do not leave any luggage on the shuttle buses. Departures allow adequate traveling time between the pick-up points and the checkpoints; you may be directed to switch buses at a transfer depot. The bus operator must abide by provincial safety regulations. Please co-operate with the drivers and follow their instructions for seating and storage.

**PLEASE NOTE**  
Buses will leave from checkpoint every 60 minutes.



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# Checkpoints

In order to ensure safety and fairness to all participants, official opening and closing times for checkpoints (CP) and sections will be strictly enforced. CSM officials reserve the right to disqualify skiers who do not adhere to these rules or any other instructions.

SATURDAY				
CP	SECTION	OPEN TO SKIERS	CLOSED TO SKIERS	
CP 1	Section 1	5:40 AM (CDB Gold)	6:30 AM (CDB Only)	
		5:50 AM (CDB Silver)		
		6:00 AM (CDB Bronze/Half Marathon)		
		7:50 AM (Tourers: Teams)		9:00 AM
		8:00 AM (Tourers: Corporate)		
8:00 AM (Tourers: Solo)				
CP 2	Section 2	8:30 AM	12:00 PM	
CP 3	Section 3	8:30 AM	2:00 PM	
CP 4	Section 4	8:30 AM	2:00 PM	
CP 5	Section 5	10:30 AM	2:00 PM	
			3:15 PM (CDB/Tourers)*	

SUNDAY				
CP	SECTION	OPEN TO SKIERS	CLOSED TO SKIERS	
CP 6	Section 6	6:00 AM (CDB Gold)	6:30 AM (CDB Only)	
		5:50 AM (CDB Silver)		
		6:00 AM (CDB Bronze/Half Marathon)		
		7:50 AM (Tourers: Teams)		9:00 AM (Tourers)
		8:00 AM (Tourers: Corporate)		
8:00 AM (Tourers: Solo)				
CP 7	Section 7	8:30 AM	12:00 PM	
CP 8	Section 8	8:30 AM	2:00 PM	
CP 9	Section 9	8:30 AM	2:00 PM	
CP 10	Section 10	10:30 AM	2:00 PM	
			3:15 PM (CDB/Tourers)*	

\* ONLY SKIERS WHO HAVE COMPLETED ALL 4 PRECEDING SECTIONS WILL BE ALLOWED TO CONTINUE PROVIDED THEY START THE LAST SECTION EACH DAY NO LATER THAN 3:15 PM.

## Parking to Access Free CSM Shuttle Buses\*

<b>Lachute</b>	City Hall - 380 rue Principale
<b>Gatineau</b>	Nicolas-Gatineau High School
<b>Montebello</b>	St. Michel School - 240 Bonsecours St.
<b>Papineauville</b>	Louis-Joseph Papineau High School - Hwy 148
	Bonhomme - 2761, Hwy 148, Papineauville
	Bonhomme - 127 Henri Bourassa
	Techni-Scie - 2761, Hwy 148, Papineauville
	Imprimerie - Papineauville 348 Papineau (148), Papineauville
	International Rive-Nord - 333 Papineau (148), Papineauville

\*Parking for entire weekend

THERE IS ABSOLUTELY NO PARKING AT ANY OF THE CHECKPOINTS. ALL PARTICIPANTS WITHOUT EXCEPTION MUST USE THE SHUTTLE BUS SERVICE TO REACH ALL CHECKPOINTS.

### Free services available at checkpoints:

Communications  
Emergency Transportation  
Outdoor Toilets  
Refreshments & Snacks  
Safety patrollers/First Aid Services  
Shelter for Emergency Needs  
Shuttle buses  
Waxing Services & Limited Equipment Repairs

#### Slow Tourers

(5 to 7 km/h) will need 2 1/2 to 3 hours to ski most sections and up to 5 hours to ski the longest ones.

#### Average Tourers

(8 to 9 km/h) will need 2 to 2 1/2 hours for most sections and up to 3 hours for the longest ones.

#### Fast Tourers

(10 to 12 km/h) will need less than 2 hours to complete most sections.

## IMPORTANT

Please do not leave any valuables in your vehicle during the weekend of the CSM. Please do not park on Highway 148 outside the gates of the Fairmont Le Château Montebello or you will be towed.

# Safety

The Canadian Ski Marathon is a wilderness trail. Members of the CSM Safety Team, identified by the safety patrol cross, are on duty on the trail and at all checkpoints. They are qualified in first aid and most ski patrollers have radio communication with nearby checkpoints and mobile safety vans.

We also provide additional mini safety points along the trail midway between checkpoints. These locations are staffed by armed forces personnel and have water, shelter, first aid and communications available for skiers requiring assistance. These mini safety points should ensure that skiers are never more than one hour away from a checkpoint or road crossing where help is available.

**Safety Skier Tip:** Pack a small amount of Duct Tape and a small tube of Vaseline® in your pack. The tape can help prevent small blisters from becoming big problems. The Vaseline® can be used to protect exposed skin from frostbite or help with chaffing.

**Safety Checkpoint Tip:** Take care of your feet. Properly trimmed nails and properly fitted boots go a long way!

**Health Tip:** Please remember that ski season is flu season. Cover your mouth when you cough and wash your hands frequently. Your fellow skiers will appreciate your diligence!

#### If you find an injured skier:

1. Give aid, comfort and determine the extent and seriousness of the injury.
2. If the skier's injuries permit, move him or her to the side of the trail; otherwise, tramp an alternative trail around the injured person. If on a hill, block the main trail with ski poles or branches at the top of the hill.
3. Keep the skier as warm and comfortable as possible.
4. Ask another skier to carry the injured skier's Good Samaritan Card to the nearest checkpoint, and to provide the checkpoint safety personnel with details of the injury. Please note the nearest distance marker closest to the location of the injured skier.
5. Remain with the injured skier until help arrives. Then complete your section and report your lost time to the check-in supervisor in case you qualify for special consideration in earning an award.

#### CSM and the Environment

- Do not leave litter or equipment on the trail; a large portion of the trail is on private property generously lent to the CSM!
- The CSM encourages skiers to bring their own reusable cups.



### To ensure that no skier is left on the trail at the end of the day:

1. Do not start a section after the checkpoint has closed: if no CSM personnel are on duty at the entrance to the section, the section is closed. Once the section has been closed, CSM trail personnel will remove all signs and distance markers. DO NOT ENTER!

2. If you drop out between checkpoints, ask another skier to report your bib number at the next checkpoint. You must also notify CSM Administration as soon as possible. Call 1-877-770-6556.

3. Red and yellow trail ribbons have been tied to trees, bushes and fence posts along the trail to guide you and your fellow skiers. Please do not remove them.

4. Stay on the trail — if you do not see the red and yellow ribbons where you are skiing, or you see ribbons of another colour, backtrack until you find the CSM ribbons again, and determine the proper direction. DO NOT BREAK TRAIL into unknown areas.

5. Markers will appear every 2 km on the trail allowing you to assess your distance to the following checkpoint, and also serve as a security reference for an injured skier.

6. Always ski with another person or arrange to meet a "buddy" at the end of the day's skiing to confirm that each has left the trail.

**CHECK CAREFULLY FOR TRAFFIC BEFORE CROSSING ANY ROAD.**

# Accommodations

**Please note that all accommodations are meant for CSM participants**

## Fairmont Le Château Montebello

**(819) 423-6341**

Check-in time is after 3:00PM, Friday, February 12, 2010. Please check out before NOON, Sunday, February 14, 2010.

**REMINDER:** Meal tickets will be distributed at the CSM information desk at the hotel.

Skiers checking out of the Château on Sunday must take their luggage to the designated room on the main floor of the hotel. Signs will be posted to separate luggage intended:

- 1 - to be picked up at the end of the day at the hotel;
- 2 - to be taken to the banquet in Lachute.

## Dormitory Instructions

At all dorms, please register at the information desk to receive your bracelet which allows you to access the dorm. Please be prepared to sleep on the floor and to provide your own bedding and toiletries (sleeping bag, alarm clock, mattress, and towel). Please be considerate of your fellow skiers by adhering to the shower schedules and observing the necessary intervals; otherwise all of the showers will be tepid, if not cold.

## Louis-Joseph Papineau High School Dormitory & Papineauville Gold Dorm

The main dormitory is located at the Louis-Joseph Papineau High School, 378 Papineau St. (Highway 148) in Papineauville. The dorm will open at 5:00 PM on Friday, February 12, 2010. Please note that the Papineauville dorm must be vacated by 8:00 AM on Sunday, February 14, 2010 for those not staying for the banquet. Meal tickets will be distributed at the reception table situated on the 2nd floor of the Polyvalente.

## Coureurs des Bois Gold Camp (Gold Coureur des Bois only)

Water, a fire pit and hay bales will be supplied. Gold skiers need to bring an arctic sleeping bag, food, drinks, cooking utensils and extra clothing.



# Luggage

Regardless of whether or not you are staying at a CSM accommodation site, if you wish to have your luggage transported by CSM personnel while you are skiing, you must:

1. Tag your luggage securely before you leave home. Two luggage tags are provided.
2. Place the luggage in one of the areas specified:

### On Saturday (CP 1, 2, 3, 4, 5):

Luggage may be left at any checkpoint for transport to the Papineauville dorm or the Château on Saturday and on to the banquet site on Sunday. Look for the designated locations or speak to the Checkpoint Leader. Have your luggage clearly identified for safe delivery.

**REMINDER:** Four luggage bracelets are included in your skier's kit.

**Yellow bracelets:** secure a yellow bracelet to your luggage if you want it delivered to the Papineauville Dorm on Saturday.

**Pink bracelets:** secure a pink bracelet to your luggage if you want it delivered to the Chateau Montebello on Saturday.

### On Sunday (CP 6, 7, 8, 9, 10):

Luggage may be left at any checkpoint on Sunday for transportation to the banquet site. Look for the designated locations or ask the Checkpoint Leader.

**Note:** The CSM cannot forward luggage to Montreal, Toronto or anywhere else.

# On-site Services\*

	FAIRMONT LE CHÂTEAU MONTEBELLO	PAPINEAUVILLE DORM
SKI REPAIR & WAXING	Friday evening Saturday evening (Fees charged on site)	Friday evening Saturday evening
Special areas will be set aside for waxing at the CSM accommodation sites. To maintain our good relations with the management at these locations, please wax your skis in designated areas ONLY.		
THERAPEUTIC MASSAGE	Saturday 1:00 - 9:00 PM (Fees charged on site)	Saturday 1:00 - 9:00 PM (Fees charged on site)
SWIMMING	Friday & Saturday \$15/visitor	Friday & Saturday 7:00 - 9:00 PM
LOST & FOUND*	Friday evening - Sunday 11:00 AM	Friday evening - Sunday 7:00 AM
CSM INFO CENTRE	Friday evening - Sunday Noon	Friday evening - Saturday 8:00 PM
SOUVENIRS	Friday & Saturday	Friday & Saturday

\* Please note that the CSM does not take any responsibility for lost or stolen items.

\*\* After February 14th, please contact the CSM Office (1-877-770-6556) concerning lost items.

\*\* All services free unless otherwise indicated.

## REMEMBER ...

**Before you leave home, fill in your personal information:**

1. On the bottom section of your bib with a waterproof pen or marker, so that you don't have to complete this information when you hand in your bib.
2. On your Good Samaritan Card. This information is necessary in case of an emergency or injury on the trail.

## General Rules on the Trail

1. You are expected to share the track with your fellow skiers. Please be courteous and considerate of other skiers for the safety and enjoyment of all.
2. The CSM's trail is track-set for classic skiing only.
3. The double-track trail allows slower skiers to use the right-hand track, while faster skiers may pass on the left.
4. Please step clear of the tracks when you stop to rest, eat or wax.
5. Clear the track quickly if you fall, and please fill in your "Sitzmark"!
6. To avoid disappointment at award time, be sure to have your bib number checked in and out at each checkpoint. At the IN gate at each checkpoint, make sure your bib is marked by the volunteer. Your bib will be verified by awards personnel before your award is issued.
7. Please remember that Gold Coureurs des Bois carry large heavy packs. They need extra room and time to stop or turn and would appreciate your consideration.
8. Children 12 years and under must be accompanied by an adult at all times.
9. No toboggans, pulkas, or dogs are permitted on the trail.
10. Please be polite to any snowmobilers you meet. The CSM uses several kilometers of trails belonging to snowmobile clubs, who kindly permit us to use their trails for the weekend. Keep in mind that snowmobilers provide important emergency rescue services, assist us at trail intersections and road crossings, and help prepare the trail.

## Awards

All CSM participants are eligible to earn an award in recognition of the number of sections they ski.

Visit the CSM web site at [www.canadianskimarathon.com](http://www.canadianskimarathon.com) to target the award which best meets your personal goal.

## Banquet

The CSM Banquet will be held on Sunday, February 14th, 2010, at Louis-Joseph Papineauville Dorm. The Banquet site will be open at 12:00 PM. Buffet will be served between 5:00 PM and 7:00 PM. Tickets must be purchased in advance when you register for the event. A shuttle bus service is available from all Sunday's checkpoints to take skiers to the banquet. Tickets will not be sold at the door.

A shuttle bus service will be provided every 30 minutes from the finish line to Louis-Joseph Papineauville Dorm.

### RETURNING HOME

The last shuttle bus service will leave the banquet site to take skiers to the CSM parking lots and to CSM accommodation sites at 8:00 PM. The Charter Bus to Montreal will leave the banquet site at 8:00 PM and the Charter Bus to Toronto will leave at 7:30 PM.

### PHOTOS

Official CSM sponsor and photographer, Marasport Inc., will be taking your pictures on the trail. The souvenir photos will be available online. For more information contact: [marasport@sympatico.ca](mailto:marasport@sympatico.ca).

# CSM Souvenirs

Official 2010 souvenirs will be available at the following locations:

- Fairmont Le Château Montebello Lobby Friday, and Saturday
- Papineauville Dorm Friday and Saturday (Louis-Joseph Papineau High School)
- Banquet Hall Sunday Papineauville Dorm (Louis-Joseph Papineau High School)

## Silent Auction

Due to the success of past year's Silent Auction, we have brought it back for a 3rd edition this year. We are currently looking for any items that we can include in the Silent Auction. Should you have anything you would like to donate, or if you know anyone who would like to donate an item, please contact the office and we will make sure to facilitate the process. The silent auction will only succeed with your assistance and donations. Don't forget to bid on items over the course of the CSM weekend!

## CSM Endowment Fund

The CSM board has established an endowment fund, the revenue from which will be used to meet future costs and will enable us to reduce our reliance on sponsors. The CSM staff and directors spend a considerable amount of time each year trying to attract sponsors. This time and energy could be spent improving the event itself.

Donors' names will be associated with the CSM in perpetuity and those giving \$100 or more will join the CSM Honour Roll.

Donors of \$500 - \$999 will be recognized as Jack Rabbit CSM Benefactors.

Donors of \$1000 - \$4999 will be recognized as Laurentian Shield CSM Benefactors.

Donors of \$5000 + will be recognized as Gold CSM Benefactors.

Until we establish the conditions for other forms of donation, (e.g. a bequest in a will), a gift of cash is the best and simplest way to contribute to a more secure future for the CSM.

Please take the time to fill in the attached Pledge Form to help the CSM continue to thrive in the future. Make your cheque payable to the "CSM Endowment Fund".



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