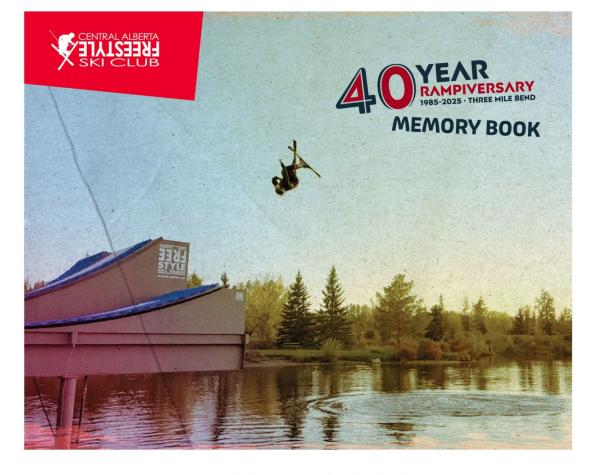


Thank you to everyone who shared photos, stories, and memories to help us celebrate the anniversary of our water ramp. This memory book is built from those submissions, and while we've done our best to keep it accurate and complete, we know there may be details to add or adjust. If you have corrections or more memories to share, please send them along—we'll update the book and share the new version.

A special thank you to all the athletes, alumni, families, and supporters who have been part of this journey. Here's to making even more memories together in the years ahead!



1985 - 2025



THREE MILE BEND

RED DEER, AB





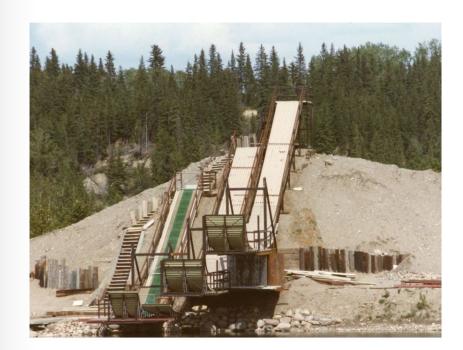












THE ORIGINAL

ALSO KNOWN AT MOUNT LUNN, THE MULTI-YEAR CONSTRUCTION EFFORT BEGAN IN 1895 UNDER THE GUIDANCE OF KEN LUNN. THE S150,000 COST WAS PRIMARILY COVERED BY DONATIONS FROM LOCAL BUSINESSES, WITH ADDITIONAL SUPPORT FROM CAFSC FUNDRAISING EFFORTS.







1985

CONSTRUCTION WAS COMPLETED IN STAGES, STARTING IN 1985.
EARLY STAGES INVOLVED CREATING "MOUNT LUNN," DREDGING THE
POND, DRIVING THE PILINGS, AND CONSTRUCTING THE RETAINING
WALL.





1986

AS CONSTRUCTION NEARED COMPLETION, THE FIRST OFFICIAL JUMPERS LAUNCHED FROM JUMP 1.













THE 1987 SEASON WAS THE FIRST SEASON THE SITE WAS FULLY
OPEN. KEN LUNN WAS RECOGNIZED FOR HIS VISION AND
DEDICATION TO THE FREESTYLE COMMUNITY OF CENTRAL
ALBERTA. THE SITE OF THE RAMPS WAS KNOWN AS MOUNT LUNN.





JEFF FULLERTON, KENDALL BETKER, BRETT LUNN



OPENING WEEKEND





FIRST FLIGHT: JEFFREY FULLERTON WAS THE FIRST ATHLETE TO TEST OUT THE RAMP. SOME OF THE OTHER ATHLETES ON OPENING WEEKEND INCLUDED JEFF VIOLA, BRAD CUMBERLAND, KENDAL BETKER, AND BRETT LUNN.

KEN LUNN (1985)

SCOTT CAREY (1985)









JEFF VIOLO, BRIAN ANDERSON (HANDS UP), JEFF FULLERTON (ON RAMP). SHANNON CAREY (GREEN WETSUIT), STAN TETLEY (STARTER). 1986



THE SINGLE JUMP WAS IN USE WHILE THE DOUBLE AND TRIPLE JUMP WERE STILL UNDER CONSTRUCTION. (1986)



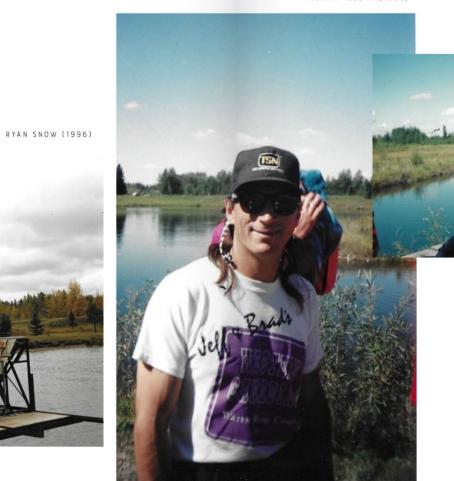




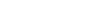
KEVIN RUDULIER (1999)

SHANNON BJARNASON, COACH GORD CAMPBELL (1987)

MELISSA PREFONTAINE (1998)



KYLE NISSAN, KIM KRAUSE (1996)





















WARREN, BRENT, KYLE, KELSEY (1994)





CURTIS SINTON (2003)









THE RENOVATION

THE RAMPS WERE RENOVATED IN 2010 WITH NEW JUMP DECKS, RESURFACED RAMPS, AND EVEN
A DUGOUT. AFTER ALL, GREAT ATHLETES DESERVE GREAT TAKEOFFS.





GILLIAN CORSIATTO (2010)

SYDNEY "SOUID" SIKORA (2011)







GENEVIEVE "GENERATOR" SIKORA (2011)

NOAH BOWMAN, A RED BULL ATHLETE AND ELITE HALF PIPE SKIER PAID A VISIT TO THE RAMP.

BACK: TYLER CHRISTIAN, MAKENNA COLENUTT,
ANTONY ROSSI, NOAH BOWMAN
FRONT: UNKNOWN, UNKNOWN, MAYA SMITH, LAKODA
THOMAS, COLIN SMITH, COLIN JEFFERIES, ISLA
SAWULA, LIAM RAUTENBACH, REDMOND TUCK,
BIRKLEY TIMMS, CAIDE READMAN (2020)

FLOOD OF 2013





LIAM RITSON-BENNET (2025)



RENO GARDNER, TYLER CHRISTIAN, MAKENA COLENUTT (2020)

KEN LUNN VISITS RENOVATED RAMPS

JARED SAYERS, JANA SAYERS, GENEVIEVE SIKORA, JADE CINNAMON, UNKNOWN, UNKNOWN, DOMINIC SMITH (2011)

EASTON GLASS (2024)





LENNON MACDONALD, MARY BEUERLEIN, PAYTON HALLMAN, AUBREY HEAVIN, GAVIN ROSENKRANZ, JOEL HALLMAN, LIAM RITSON-BENNETT, JUDE ANDERSON (2024)



COACH CURTIS SINTON, PARENTS: LESLIE ANDERSON, ANNA BEUERLEIN, KRISTIN RITSON-BENNETT (2024)



MARY BEUERLEIN, LIAM RITSON-BENNETT, WILLOW SHEMKO, AUBREY HEAVIN (2022)

CAFSC PARENTS (2024)

CAFSC ATHLETES: VAUGHN ANDERSONM, COLT HALLMAN, AUBREY HEAVIN, LENNON MACDONALD, MARY BEUERLEIN, CARYS LUNN, LIAM RITSON-BENNETT, JOEL HALLMAN, JUDE ANDERSON (2025)



ASPEN SMITH, LIAM RITSON-BENNETT, JOEL HALLMAN, AUBREY HEAVIN, MARY BEUERLEIN, EASTON GLASS (2023)



CARYS LUNN (2025)

LENNON MACDONALD (2025)

OLIVER OLSTAD (2025)



















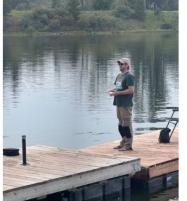


KOHEN SCHULTZ (2024)

BRAXTON SCHULTZ (2024)

2025







2022



COACH CURTIS SINTON CAFSC'S RAMP MASTER

COACH CURTIS HAS COME FULL CIRCLE

HE USED TO FLY OFF THESE RAMPS AS
AN ATHLETE, AND NOW HE STANDS AT
THE BOTTOM TELLING OTHERS HOW TO
DO IT BETTER. CAFSC'S HEAD COACH
SINCE 2021, YOU'LL STILL CATCH HIM AT
THE RAMPS IN THE OFF-SEASON, RAIN
OR SHINE.







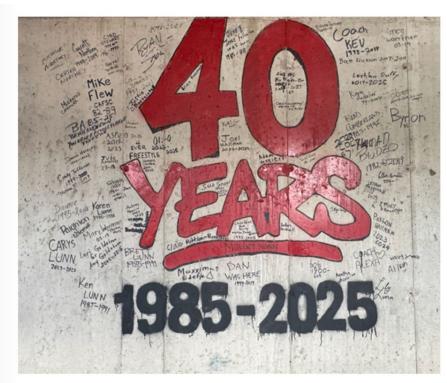




ANNA BEUERLEIN, KRYSTAL HEALY, LESLIE ANDERSON



COACH CURTIS THANKS THE FREESTYLE COMMUNITY



40TH RAMPIVERSARY

FORTY YEARS OF RAMPING WAS CELEBRATED ON SEPTERMBER 21, 2025. ALUMNI AND CURRENT MEMBERS OF THE FREESTYLE COMMUNITY GATHERED AT THREE MILE BEND. ATHLETES FROM CAFSC AND THE ALBERTA MOGULS TEAMS TOOK TO THE RAMPS.

BUD MCKENZIE, KELLY SIDEBOTTOM, MIKE FLEWELLING, SHANNON BJARNASON, & BRAD CUMBERLAND

KEVIN KWASNY SPEAKS ON BEHALF OF RAMP ALUMNI



WARREN SHOULDICE, KYLE NISSEN, SHANNON BJARNASON, JEFF VIOLO







CINDY JEFFERIES ADDRESSES

THE CROWD



MAUREEN & WAYNE CAREY

ALBERTA TEAM: NATHAN MCNEIL, MASON SOLOMON, ADAM GOKIERT, MAXX EDERLE, MAKENA COLENUTT, BYRON DRINKWATER, BRIAN BURNYEAT, JUSTIN BARTZIOKAS, STEPHAN BOKALD, OLIVER OLSTAD (CAFSC)







VAUGHN ANDERSON

ALLAN, CURTIS, AND MARIE SINTON

CLAIRE, ALISON, AND LIAM RITSON-BENNETT, LOCHLAN DUFFY, MARY BEUERLEIN, JUDE ANDERSON,
COLT HALLMAN, COACH CURTIS, JOEL HALLMAN, AUBREY HEAVIN, MACKLIN DUFFY





JUDE ANDERSON, JOEL HALLMAN



BRIAN OLSTAD, BRENT HEAVIN





BACK: VAUGHN ANDERSON, LOCHLAN DUFFY, JUDE ANDERSON, JOEL HALLMAN, MARY BEUERLEIN, AUBREY HEAVIN, LENNON MACDONALD, LIAM RITSON-BENNETT. CARYS LUNN

FRONT: MACKLIN DUFFY, COLT HALLMAN, ALISON AND CLAIRE RITSON-BENNETT



COLLIN SMITH, LYNDSEY DUFFY MARY BEUERLEIN, AUBREY HEAVIN



CAFSC BOARD: LESLIE ANDERSON, ANNA BEUERLEIN, EDIE HEAVIN, ANDREW RITSON-BENNETT, TIFFANY GLASS, LYNDSEY DUFFY, BRIAN OLSTAD, CURTIS SINTON



Z I C K



IN OCTOBER 2010, CANADA'S FAVOURITE FUNNY MAN, RICK MERCER, VISITED THE CENTRAL ALBERTA FREESTYLE SKI CLUB AT THREE MILE BEND. HE FILMED ATHLETES SHOWING OFF SPINS, FLIPS, AND TRICKS ON THE NEW WATER RAMP. HE EVEN TOOK A RUN HIMSELF, AFTER GETTING A BIT OF ADVICE FROM KEVIN KWASNY.



LAUNCHED HERE, LANDED IN THE OLYMPICS





WARREN SHOULDICE, WHO TRAINED AT THE THREE MILE BEND WATER RAMPS AND SKIED WITH THE SOUTHERN ALBERTA FREESTYLE SKI CLUB, COMPETED IN THE 2006 AND 2010 OLYMPIC GAMES, HE ALSO REPRESENTED CANADA AT THE WORLD CHAMPIONSHIPS, SECURING BRONZE IN JAPAN IN 2009 AND GOLD IN UTAH IN 2011, PERFORMING A FLAWLESS LAY TRIPLE FULL FULL JUMP.













RAISED IN RED DEER, DEIDRA DIONNE
TRAINED AT THE THREE MILE BEND WATER
RAMPS BEFORE TAKING THE WORLD STAGE.
SHE WON OLYMPIC BRONZE AT SALT LAKE
CITY IN 2002 AND COMPETED IN TURIN
2006, EARNING MULTIPLE WORLD CUP AND
WORLD CHAMPIONSHIP MEDALS ALONG THE
WAY. BEYOND SKIING, DEIDRA HAS A LAW
DEGREE, SERVED ON THE CANADIAN
OLYMPIC COMMITTEE'S ATHLETES'
COMMISSION, AND CONTRIBUTED TO CBC'S
OLYMPIC COVERAGE.

High flying



att Hildek does a somersault off the Central Alberta Freestyle Ski Club's Three Mile Bend low kicker jump Tuesday. Other members of the provincial freestyle Wednesday, August 6, 2008

Red Deer Express 23

Sports

Freestyle skiers hone their sills on water

BY TREENA MIELKE Red Deer Express

The coach of the Central tricks, including aerial Alberta Freestyle Ski Club manoeuvres, big air and is looking at sending some half pipe. nationals this year.

crew off to junior nationals saults, off axis spins and and I'd like to be the high- flips. est ranked club in the Skiers also practice the province," said Jeremy half pipe manoeuvre which Batchelor. "I see lots of is performed in the winter potential in our club. We in a snow bowl shaped simihave a pretty good group of lar to a pipe sliced lengthkids. They are very compet- wise and built on a slope.

the summer.

"We are lucky to have the Central

This summer, club members have been practicing

of his skiers off to junior Tricks include (big air) aerial manoeuvres consist-"I'd like to send a good ing of grabs, twists, somer-

Super pipes can have To help the skiers hone walls close to six their skills for the upcom- metreshigh. Skiers start at ing season, club members the top and ski in a zigzag have been training at Three pattern down the pipe. At Mile Bend, a three-metre each point where the skier deep pond in Red Deer. reaches the lip of the pipe Here, the skiers can prac- they perform a different tice various tricks and trick. The difficulty, execumanoeuvres throughout tion, air above the lip of the pipe, variety and number of "We have a floater jump, tricks in a run are the main

a kicker jump, and a double factors used in judging this jump," said Batchelor. event.

the ramps makes a huge The club trained at Canyon said Batchelor.



ALL THE RIGHT MOVES - Central Alberta Freestyle skier Kurtis Embury, 17, pulls a back-flip off the ski ramps at Three Mile Bend.

Alberta the mid to end of November sense and agility.

water ramps right in our Preestyle Ski Club had and competitions will begin The Central Alberta ing of more than 20 compet-opment Team, and Matt back yard. Practicing on about 23 members last year. the first week of January," Freestyle Ski Club was for litive athletes, more than 80 Hayward, a former member mally constituted in 1980. jumps'n bumps athletes of the Alberta Freeride improvement and helps the Ski Area and at the Canada He added that freestyle The club started with about (youngsters new to the Team. skiers get more comfortable Olympic Park in Calgary. skiing is an exhilarating six members and currently sport), as well as coaches, indeeded coaches, indee

parents and volunteers. The water ramp at Three Mile Rend was built by club members in 1987 and is cur-

rently one of only four in Canada All levels of athletes train on the water ramp during the summer to qualify for inverts such as somersaults and twists and new school manoeuvres before competing on snow. Training also assists in uprights, spins and corked tricks for both air and moguls.

Athletes who have trained with CAFSC and sone on to compete at the international level include National Aerial Team and Olympic medalist Deidra Dionne, Jeremy Batchelor and Ryan Snow who were former members of the National Aerial Team, Elise Pallard, a former member of the National Aerial Development Team, Colin "We will start on snow in sport requiring balance, air has a membership roster of Smith, a former member of about 150 members, consist- the National Mogul Devel-

FREESTYLE FLIER

Jeremy Batchelor, 12, of Red Deer, somersaults off a jump at Three Mile Bend recently. Now that school is out for the summer. Jeremy and other members of the Red Deer Freestyle Club will be practicing from Thursday to Sunday afternoons every week in preparation for the coming winter's ski season. Photo by RANDY FIEDLER

Freestylers flip for training jumps

of The Advocate

It may seem strange to be strapping on ski boots in August, but members of the Cen-tral Alberta Freestyle Skiing Club think summer is a great time to practise ski-jumping.

"I'd rather do this than sit around and suntan," said Brad Cumberland, 20, of Red Deer, just before he sailed off one of the club's ramps at Three Mile Bend.

"I don't know why, but I really enjoy it," said Shannon Carey, 17, of Red Deer, She's become good enough to have made the national freestyle ski D (for development) squad.

The club's members follow their obsession on three large ramps built over a pond in Three Mile Bend Recreation Area - the only such ramps in Western Canada, and the most complete set of ramps in the country aside from one in Que-

The ramps are covered with nubbly rubber mats. When wet, the mats provide a feel "as close as you can get" to real snow, said national team coach Peter Judge, who was in Red Deer to keep tabs on the local

"They've done an excellent job building this facility," said Mr. Judge of the local club. The ramps, which now attract ski jumpers from as far away as Saskatoon, were built last summer for \$40,000.

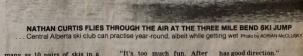
They are the last step in the training process before jumpers can practise on the slopes.

Training begins on a trampo-line, with and without a harness, and moves to a small training ramp.

Then the jumper is ready for the back flips, somersaults and twists that excited watchers at the Calgary Olympics where freestyle skiing was a demonstration sport.

Training is not without oumps and bruises. The jumpers wear hockey helmets and

It's hard on the equipment, oo. Some jumpers break as



many as 10 pairs of skis in a summer. That's why they use old rental skis that can be bought for \$25.

It's worth the hard work, said Mr. Cumberland. He was "deathly afraid" before his first jump, but not any more.

your first jump, it becomes an addiction. There's not a feeling like it in the world."

Mr. Judge said the Central Alberta club has a strong program with some good jumpers. Ms. Carey "works hard, and

She's also in the right place at the right time. The nationa team has only one woman free style jumper, and she's retir ing soon. Ms. Carey, said Mr Judge, has a good future ahead of her.

Freestyle skiing

The water ramp at Three Mile Bend that was under construction since August of last year has been fully renovated and was open for practice on the weekend. The Central Alberta Freestyle Ski Club cent out a provincewide notice to all the clubo to announce the reopening and ceveral akiero showed up to take advantage of the opportunity. Here, Davio Clement of Millarville, geto in some early season jumps. Davis was one of three out-of-town skiers to show up.

Advocate Staff Jul 5, 2010 1:39 PM Updated Jan 3, 2017 9:05 AM











Accey

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Water wings

Executing a D-Spin 720 Marc Shymko of Edmonton looks to his landing while training at Three Mile Bend on Saturday.

Leo Paré Sep 13, 2010 8:55 PM









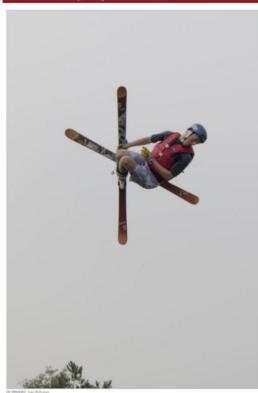


Array

Executing a D-Spin 720 Marc Shymko of Edmonton looks to his landing while training at Three Mile Bend on Saturday. Skiers from across the province have been training on the new freestyle water ramps in Red Deer since they opened in June of this year. After a summer of training skiers are now getting certified on various jumps so they can transfer what they have learned on water to the snow during the winter.

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RED DEER EXPRESS

New Alberta Slopestyle Ski Team excited to be operational

Sep. 15, 2015 4:37 p.m. / OPINION







Members of the Alberta Slopestyle Ski Team gathered recently at one of Canada's few water ramp facilities, located at Three Mile Bend, to continue their training.

The team was operational for a number of years, before taking a two-year

Now a new set of coaches, trainers and athletes have revived the team with intensity and desire to further the sport. The team has been travelling to various facilities since June, including Red Deer's water ramp, to enhance their skills and performance.

"These are the kids that excel from the local clubs to a provincial level. moving into a kind of development program that prepares them for a national stream. For example, these would feed into X-Games, the Olympics, etc.," said head coach Chris Ebbern.

"It's been a super positive experience with these guys. I've been coaching for 17 years, and I used to compete myself. I've been lucky enough to do it all over the world. I used to run the Fernie Freestyle Ski program, so it's a good step up for me to move into an elite program with dedicated athletes that want to go to the big show, the Olympics being the big allure these days."

The Alberta Slopestyle Team consists of athletes Colin Bridger, Brayden Tritter, Dustin Cressey, Sam McKeown and Spencer Saltys, with Ebbern as head coach. All members are excited to be a part of the team.

"It's kind of a new experience for our coaches and all of our trainers this year. It's pretty exciting. There was a team in the past but it didn't really work out. People have been refining it for two years, so we're all pretty excited to see how it goes. It's really making a good step forward right now, so it's really exciting," said Cressey.

Cressey is currently dealing with an injury, but is looking forward to training with his team again soon.

Saltys said that he was excited to be a part of the team because it provides new level of training and skill development that he hadn't had before.

"The training is just so much more than it was with the lower level teams. This is preparing you for the national level of competition - it's more indepth and you have more training that works you harder," he said.

"We haven't done much yet but I think it'll be a good year for me and the boys. We'll definitely see some progression with all of our teams and our coaches. I like our coaches and the team is definitely a sweet team, that's for sure," he added.

McKeown explained that slopestyle skiing runs combine rail techniques with jumps and tricks. He said that he finds slopestyle to be a more difficult genre of skiing technique because of its incorporation of multiple styles.

"This year I'm really hoping to get to bigger competitions, and place a little bit better in those competitions. I want to raise my AFP ranking (Association of Freeskiing Professionals) and keep working my way up so that I can do the biggest competitions that I can," he said.

The Sochi, Russia Olympics were the first Games that included the slopestyle category. The athletes of the team said they believe the sport will only continue to grow in popularity.

"Even though the sport has progressed so much in the past few years, it's really something to keep an eye out for because it's so new. It's only going to progress further and further," said Cressey.

"We're kind of the second generation of riders in this sport, because the coaches that we have now are the guys that really started progressing it. They were the ones messing around and seeing what was possible."

Members of the team will travel next to Calgary to begin preparing for fall and winter training.

Cressey said, "We, as the Alberta Team, are always trying to do stuff that hasn't been done before. Even if it's minor, you could be the first person in the world to do a trick and that's pretty awesome to be part of."

kmendonsa@lacombeexpress.com

Rick on a Freestyle Water Ramp

Canada's favourite funny man Rick Mercer made a trip to Red Deer in early October to visit the Central Alberta Freeotyle Ski Club.

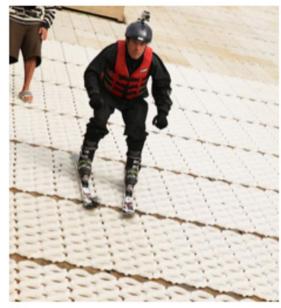
Advocate Staff Oct 27, 2010 6:27 PM Updated Jan 1, 2017 12:55 PM











Canada'o favourite funny man Riok Mercer made a trip to Red Deer in early October to vioit the Central Alberta Freeotyle Ski Club. He dropped by Three Mile Bend in north Red Deer with his orew to talk to members of the club and shoot them going down their new ramp doing 360o, backflips and more - into the water. Mercer even donned a pair of okio and helmet and headed down the ramp himself, warning some of the kids beforehand, "If I orach, do not put this on YouTube!" Here he shoots down the new ramp headed for the water. Those wishing to view the visit oan go on the show's website at www.obo.oa/meroerreport/video.html. The video is called Rick on a Freestyle Water Ramp. WOULDN'T BE WHO I AM WITHOUT THIS CLUB.

-KEVIN KWASNEY

Too many memories to count - from building the current ramps, the multiple attempts at a bubbler system, all the freezing October ramp nights in a wetsuit, Dusty Cressy almost catching a Canada goose mid air - the list goes on. Very special place to me.

-Tobin Spencer-Lang

The water ramps were my second home in the summers. This is an amazing facility that has served so many athletes. As a parent of kids in sport I can finally appreciate the vision and effort that went into this project 40 years ago as well as how lucky I was to spend my summers here.

-Dixie Robertson

Kevin Kwasney bringing his school class to see him jump in late October.... in a wet suit!! Ole Kev walked on water to get out of that freezing water!!!!

- Murray Cluff

OUR FAMILY HAS MANY FOND MEMORIES OF THE RED DEER WATER RAMP AND THE MANY PEOPLE WE MET THROUGH FREESTYLE SKIING. WE NOW LIVE AT OUR COTTAGE ON SYLVAN LAKE AND DID DRIVE DOWN TO SEE THE WATER RAMP LAST MONTH.

- MARTY SHOULDICE

The Legend of Agatha

A CAFSC Ghost Story (and cautionary tale)

Back in 1885, a girl named Agatha launched off Jump 1 without her lifejacket. She disappeared under the water and, after months of searching, they finally found her... stuck to the bottom of the buoy like a soggy sock. Too gross to touch, they just left her there. To this day, kids say she reaches up from the murky green depths. She might grab your ankle, flip your skis, or borrow your lifejacket. And if you swallow the water, you might end up as slimy as she is.



PHOTO COURTESY OF GEOFF COLENUTT



On behalf of the current board, we want to extend our heartfelt thanks to everyone who has been part of our water ramp story—athletes, coaches, families, and supporters - both past and present. Your passion, time, and commitment have made this facility and community what it is today.

We are especially grateful for the dedication the freestyle community has shown to our children. Every cheer, every volunteer hour, every training session, every coaching hour, and every bit of support has helped create a space where young athletes can challenge themselves, grow, and have fun

A special thank you to Freestyle Alberta for their ongoing support and leadership, which has helped guide and strengthen our club over the years.

Thank you for being part of this journey with us. We are proud to celebrate the memories we've built together and excited for the ones still to come.

CAFSC Board of Directors



Leslie Anderson (Volunteer Coordinator), Anna Buerelein (Vice President), Edie Heavin (Treasurer), Andrew Ritson-Bennett (President), Tiffany Glass (Secretary), Lyndsey Duffy (Fundraising Coordinator), Brian Olstad (Communication Director), Curtis Sinton (Head Coach and Program Director), Missing for photo: Mark Morrish (Fundamentalz Liaison)