



GNCTR 2024

Competitor Handbook

The 50th Annual Great Northern Concrete Toboggan Race
St. John's, Newfoundland & Labrador
February 7-10, 2024



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1 Welcome Letters

1.1 Organizing Committee

Hello GNCTR 2024 competitors!

We, the 2024 Great Northern Concrete Toboggan Race (GNCTR) Organizing Committee (OC), are excited to welcome you to our home of St. John's, Newfoundland & Labrador for the next GNCTR competition! We are proud and honoured for the opportunity to share our community and culture with all 381 competitors from 16 schools across Canada as you travel here for the 50th anniversary of GNCTR – and the first time ever in Atlantic Canada.

Throughout the competition, you will get to experience historic sites of St. John's that make this city special. You will visit Signal Hill and see Cabot Tower, an iconic landmark watchfully guarding over the city and its harbour, a strategic defense base where Marconi famously received the first transatlantic wireless signal in 1901 and changed global communications forever. You will also see Signal Hill from beneath at the Johnson Geo Centre, where we will take you underground to experience the story of planet Earth and Newfoundland and Labrador's unique and rich geology. We will explore Quidi Vidi Village, a small harbour only minutes from downtown that still embodies the charm of outport Newfoundland while embracing the new-age of entrepreneurship, where the former bustling fish plant has reinvented itself into the province's largest craft brewery while staying true to the community. To tie it all together, you will visit The Rooms: Newfoundland and Labrador's largest public cultural space, a portal to the stories of this province and its people; both past and present.

Now for the main event... Race Day! We will be travelling to rural Newfoundland, a true representation of life for the majority of our province, where we will visit the Town of Clarenville, and the heartbeat of their community: White Hills Ski Resort, the most Easterly ski resort in North America. While their unique ability to make and maneuver snow as a ski hill was the deciding factor for their services, we were sure to call in Mother Nature to help out as best as she could.



This competition would not be possible without the generous support from all of our sponsors. We especially thank our Title Sponsors, Pennecon and PCL, for their support in fostering learning opportunities, the importance of iteration, and a commitment to safety throughout our post-secondary education. We encourage all of our competitors to go check out the sponsor booths at the Technical Exhibition and thank each and every sponsor for their contribution in making this competition become reality. As GNCTR provides a creative, innovative, and hands-on learning environment, sponsoring companies are drawn to the bright young minds like you that it attracts, so be sure to strike up a conversation if you are interested in a career opportunity!

We would also like to thank Atlantic Canada Opportunities Agency and the Government of Newfoundland and Labrador's Department of Industry, Energy, & Technology for their support, encouragement, and dedication to student innovation and education in our province as we strive to put Newfoundland and Labrador on the map by showing time and time again that we can compete with the best.

Last but not least, we would like to thank our Senior Advisor, Max Day, former captain of MUN's inaugural Concrete Toboggan Team, and our Faculty Advisor, Dr. Amgad Hussein. Thank you both for your countless hours, helping hands, connections made, and most importantly for believing in us.

We encourage you to read through this Competitor Handbook to get to know more about our sponsors, judges, organizing committee, competition schedule, emergency contact information, and much more.

We are truly honoured to have the opportunity to fulfill our dream of hosting you all in St. John's for GNCTR 2024. Enjoy your time in our special, unique city and all the unforgettable, lifelong memories and friendships you will make with those around you.

We hope we make your dreams come true.

Cheers,

GNCTR 2024 Organizing Committee



1.2 PCL – Title Sponsor



CONSTRUCTION

▶ TOGETHER WE BUILD SUCCESS

January 10, 2024

Welcome to the 2024 GNCTR!

PCL Construction is proud to be a title sponsor for GNCTR's milestone fiftieth year. For half a century, post-secondary students across Canada have enjoyed one of engineering's most hallowed annual traditions. We're excited to see what this year's competitors have built, and we wish you a safe and exciting day on the hill.

Founded in 1906, PCL Construction is one of the largest general contractors in North America and we've built some of Canada's most recognizable structures. More importantly, though, we believe we have a role to play in building our communities and readying the next generation of construction professionals. Being a title sponsor of the Great Northern Concrete Toboggan Race is very important to us because it allows us to connect with students like you, the leaders of tomorrow.

Students bring creativity, passion and dynamism to PCL, giving us an edge that helps us thrive in a rapidly evolving industry. Our Canadian student placement numbers continue to grow each year along with the number of opportunities for new graduates. As one of Canada's Top 100 Employers, we invest heavily in our employees' development, and we are committed to fostering meaningful and rewarding careers.

Soon your months of hard work will culminate in an exciting day of racing, but we suspect your greater reward will be the teamwork you cultivate and the camaraderie you gain outside of the competition. We hope you take every opportunity to kindle the relationships that will enliven you throughout your career.

Congratulations to the organizing committee for planning a successful event, and best of luck to the competitors!

Yours truly,

Dave Filipchuk
President & Chief Executive Officer
PCL Constructors Inc.



1.3 Pennecon – Title Sponsor



February 7, 2024

On behalf of the entire Pennecon team let me join with others to welcome you to the 2024 Great Northern Concrete Toboggan Race! My hope is that you build great, life-long relationships while you are here to go along with the toboggans you have worked so hard to design and build over the course of the last year.

Pennecon is proud and honored to co-host this year with our partner PCL. We recognize, as you no doubt are discovering, that partnerships build success and working together as a team positions you for growth and achievement. I wish all teams a safe and fun-filled competition.

In your engineering careers you will have a world of possibilities open to you through the people that you meet and the networks you create. Pennecon is a proud employer of work term students and graduates alike and are pleased to be able to connect with you through GNCTR to expand our network and be a part of yours. We build some of the most complicated and impressive structures in Canada like dams, hydro plants, mine sites, offshore concrete gravity bases - all of which integrate team-based solutions, no different than what you are working to achieve at this year's competition. So be proud of your accomplishments to reach this stage.

Congratulations to the organizing committee for your hard work and dedication in making the event a reality. I wish you all the best as the competition unfolds in the next few days.

Good luck and smooth sailing to all!

David Mitchell, P.Eng., MBA, LL.M
Chief Executive Officer



2 General Information

2.1 About GNCTR

The Great Northern Concrete Toboggan Race (GNCTR) is an annual event that challenges the creativity, innovation, and technical skills of engineering students. The event is the longest and largest running annual engineering student competition across Canada. The competition originated in 1974 by Dr. S. H. Simmonds, President of the Alberta chapter of the American Concrete Institute, with four Alberta schools competing in the inaugural event. Since then, the competition has grown to host hundreds of post-secondary students from dozens of universities and technical schools all across Canada, as well as entries from international educational institutions.

Teams competing at GNCTR are required to design and construct a toboggan with concrete running surface(s), a roll cage, and mechanical steering and braking systems that combine to safely glide the toboggans down a steep snow-covered hill. The toboggans are to weigh less than 350 pounds and be able to hold 5 competitors.

Each competing team must submit technical and safety reports which they will present during Technical Exhibition Day, as well as complete three downhill race courses. Races consist of a braking performance test, a steering performance test, and the pinnacle being the King of the Hill battle: a head-to-head bracketed tournament.

Spirit is a major component of the competition where teams traditionally select an overall theme and incorporate it into their toboggan design/aesthetics while also wearing costumes in line with their theme.

Throughout the event, teams are judged on their technical, safety, racing, and spirit. At the conclusion of the event, awards are presented for excellence in a number of different aspects of the competition with one team ultimately crowned champion as the best overall entry, winning the prestigious CSCE Cup.



2.2 St. John's, Newfoundland and Labrador

St. John's; Newfoundland and Labrador's capital city; a vibrant, historic, colourful, and contemporary city 500 years young. It is the perfect combination of big-city luxury and traditional small-town charm. It is one of the oldest and most easterly cities in North America and has become a rare destination full of character and charisma with a contemporary, sophisticated edge.

Wander down the narrow, crisscrossing streets that are naturally carved by horse and carriage and pass through the colourful jellybean row houses that are wedged together; visit Quidi Vidi, the charming fishing village within a city, which embodies the spirit of old outport Newfoundland; and venture up to Signal Hill where tiny colourful wooden homes cling valiantly to cliffsides ravaged by ocean waves. From Cabot Tower, you can gaze over the cliffs and harbour to see a captivating skyline of a major Canadian city seemingly frozen in time. As you explore the city you will walk along some of the oldest streets in North America and be exposed to what some refer to as the most creative city on the continent.

Most importantly, in St. John's, courteous and lively people will treat you as friends – willing to send you in the right direction, help you on your way, or even take you there. The people are always happy to tell a tale, no matter how tall, just to make you smile. It is a place where everyone is already best friends.

For the first time ever in its 50-year history, GNCTR has the honour of being hosted in Atlantic Canada. We have not taken this opportunity lightly. We can't wait to welcome you, our best friends, to our special province, at the far east of the Western world: St. John's, Newfoundland and Labrador.



3 Competitor Schedule

	Tuesday February 6, 2024	Day 1 Wednesday February 7, 2024	Day 2 Thursday February 8, 2024	Day 3 Friday February 9, 2024	Day 4 Saturday February 10, 2024	Day 5 Sunday February 11, 2024	
Time	Pre-Competiti on Day	Arrival Day & Opening Ceremonies	Competitor Interaction Day	Technical Exhibition Day	Race Day & Closing Ceremonies	Departure Day	Time
05:00 - 05:30	Arrivals Hotel Venue: Delta Hotel Downtown St. John's	Arrivals Hotel Venue: Delta Hotel Downtown St. John's Orientations & Registration to Be Conducted by OC Upon Arrival	Sleep	Sleep	Transportation	Teams Depart	05:00 - 05:30
05:30 - 06:00							05:30 - 06:00
06:00 - 06:30							06:00 - 06:30
06:30 - 07:00							06:30 - 07:00
07:00 - 07:30							07:00 - 07:30
07:30 - 08:00			07:30 - 08:00				
08:00 - 08:30			Breakfast Distribution	Technical Exhibition Day - Setup Time	Race Day - Prep Time		08:00 - 08:30
08:30 - 09:00			Competitor Interaction Day	Breakfast Distribution	Breakfast Distribution		08:30 - 09:00
09:00 - 09:30			Refer to Detailed CID Schedule for transportation	Competitor Interaction Day	Race Day		09:00 - 09:30
09:30 - 10:00			Venues: - Quidi Vidi Brewery - Johnson GeoCentre - The Rooms - Downtown Tour	Technical Exhibition Day	Venue: White Hills Ski Resort in Clareville		09:30 - 10:00
10:00 - 10:30			Lunch Distribution	Technical Exhibition Day	Venue: St. John's Convention Centre		10:00 - 10:30
10:30 - 11:00				Refer to Detailed TED Schedule for Presentations	Refer to Detailed RD Schedule for Schedule of Races		10:30 - 11:00
11:00 - 11:30				Lunch Distribution	Lunch: White Hills Ski Resort Lodge		11:00 - 11:30
11:30 - 12:00							11:30 - 12:00
12:00 - 12:30							12:00 - 12:30
12:30 - 13:00							12:30 - 13:00
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14:00 - 14:30					14:00 - 14:30		



	Tuesday February 6, 2024	Day 1 Wednesday February 7, 2024	Day 2 Thursday February 8, 2024	Day 3 Friday February 9, 2024	Day 4 Saturday February 10, 2024	Day 5 Sunday February 11, 2024									
14:30 - 15:00	Arrivals Hotel Venue: Delta Hotel Downtown St. John's			Technical Exhibition Day	Transportation		14:30 - 15:00								
15:00 - 15:30				Demobilization			15:00 - 15:30								
15:30 - 16:00				Opening Ceremonies Venue: St. John's Convention Centre Supper			Transportation	Free Time	Free Time	15:30 - 16:00					
16:00 - 16:30										Free Time	16:00 - 16:30				
16:30 - 17:00							Theme Night 1: Mermaids n' Trades Alcohol-Friendly Event: George Street Pub Crawl Non-Alcohol Event: Rec Room			Supper Distribution	Supper Distribution	Free Time	16:30 - 17:00		
17:00 - 17:30		Free Time	17:00 - 17:30												
17:30 - 18:00		Theme Night 2: Dad Bogg	Alcohol-Friendl y Event: O'Reily's Pub		Closing Ceremonies								Venue: St. John's Convention Centre	17:30 - 18:00	
18:00 - 18:30														Non-Alcohol Event: NL Growlers Hockey Game (7-10 PM)	Supper
18:30 - 19:00		Free Time	Free Time		Free Time								Free Time		
19:00 - 19:30														Free Time	19:00 - 19:30
19:30 - 20:00														Free Time	19:30 - 20:00
20:00 - 20:30														Free Time	20:00 - 20:30
20:30 - 21:00				Free Time			20:30 - 21:00								
21:00 - 21:30		Free Time	21:00 - 21:30												
21:30 - 22:00		Free Time	21:30 - 22:00												
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01:30 - LATE	Free Time	01:30 - LATE													



4 Organizing Committee Bios

4.1 Regan Hogan, Co-Chair (“Walrus”) (He/Him)

Regan joined the MUN Concrete Toboggan team while on his final work term with the promise of good fun, and was quickly swindled into work, much to his surprise. After winning runner-up GNCTR-er of the Year at GNCTR 2019 Edmonton, he immediately knew one competition would never be enough. Following his graduation from the Mechanical Engineering program, he was selected as a Spirit Judge for GNCTR 2020 Toronto where he assisted the OC in executing a flawless and fun competition. Once again, the feeling hit that two competitions would not be enough. The goalpost had moved: Regan knew OC was the next challenge.



Since graduating, Regan has pivoted careers from megaproject construction to the tourism industry. He currently works in Product Development for Newfoundland & Labrador Tourism where he provides strategic leadership and business direction to the growing provincial tourism industry.

For fun, Regan enjoys spending time outdoors whether engaged in activity like skiing, hiking, or biking, simply going for a casual stroll, or exploring somewhere new. He is passionate about connecting with people and leaving our communities, and the world, in a better place. He is the Founder of the Christmas Classic, an annual charity hockey tournament every Boxing Day that has raised over \$24,000 since 2019 to support children with cancer in NL. He can always be found with a coffee in-hand, exclusively a 12oz black americano.



4.2 Mark Rowsell, Co-Chair (“Slenderman”) (He/Him)

Mark was first a member of MUN’s Concrete Toboggan Team at GNCTR 2018 in Waterloo, where MUN made their return to the competition and where Mark’s passion for T-Bog truly started. His last GNCTR as a competitor was in Edmonton for GNCTR 2019, where MUN significantly improved their performance from the previous year, placing tenth out of twenty-one schools and Mark’s favorite GNCTR memory was formed after seeing the team’s toboggan successfully race down the hill for the first time. It rewarded the team’s efforts the past two years and demonstrated that MUN was capable of competing with other Universities across Canada.



Since his graduation in 2019, Mark has moved across the country to work at PCL Construction in Calgary, Alberta, with their Special Projects Division. There he has developed a passion for the construction industry and has honed his project management skills working on a wide variety of projects that range from bug-themed playgrounds at the Calgary Zoo, changing the Calgary skyline with the Petronas Exterior Signage or brand new developments such as the Strathmore Municipal Building. His most significant project was his involvement with the 10-storey vacant office tower conversion to residential housing for the HomeSpace Society, a charity that builds, maintains and manages affordable housing for Calgarians.

In his spare time (when not planning GNCTR), Mark can be found at the rink playing hockey, in the mountains skiing or hiking, or on the roads cycling or running! An active lifestyle that is perfectly compatible with a new, energetic puppy that is looking forward to filling the void of all that newly found free time post GNCTR 2024.



4.3 Billy Barnes, VP Finance & Sponsorship (“President Boogie”) (He/Him)

Billy made his first appearance on MUN’s Concrete Toboggan team in 2021 when he became the Steering & Braking Lead leading up to GNCTR 2022 (mainly because he was the only mechanical engineer on the team). After the cancellation of the event in Calgary, Billy came back with a vengeance for GNCTR 2023 in Kelowna, BC as a Co-Captain, and Steering & Braking Lead, driving MUN to their most successful competition ever. His fiery passion for T-Bog was mainly focused on developing the mechanical design of the toboggan at MUN and showing high levels of spirit. After his first taste of an in-person competition, Billy decided one wasn’t enough and joined the effort to bring GNCTR to Newfoundland.



Billy graduated from Mechanical Engineering at MUN in 2023. Post-graduation, Billy sold his soul to work in Silicon Valley with Tesla Motors, where he works with the powertrain engineering team to develop the next generation of electric drivetrains. Outside of his professional life, Billy is an avid hiker, mountain biker, rock climber, and mountain man. He enjoys sampling craft beers after a long week of work and always follows it up with a little boogie woogie woogie.

His favourite GNCTR memory is King of the Hill race at GNCTR 2023 in Kelowna where MUN placed in the top 3.



4.4 Danika Snelgrove, VP Logistics ("Dani") (She/Her)

Danika joined the MUN Concrete Toboggan team in 2019 under the coercion of her Civil Engineering roommates. As a Process Engineering student, she couldn't have anticipated the countless hours she would spend mixing concrete. After attending her first competition in 2020 she was hooked, unfortunately with the pandemic there was no opportunity for a round II. When the opportunity arose to participate on home soil, she was eager to help make the Newfoundland Toboggan dream come true.



Outside of concrete toboggan, Danika spent the time she should have been studying working as a Bartender at The Rob Roy/Konfusion, exec'ing a sorority and making sure her classmates kept their social batteries well charged. After collecting her Iron Ring in 2022, she set her sights on being a GP. She is currently attending medical school at Memorial University.



4.5 Carly Boyle, VP Relations (“Carli B”) (She/Her)

Carly’s first GNCTR was in Waterloo in 2018. She later took on the role as Superstructure lead in MUN’s Mario Kart themed 2019 toboggan and Bogwatch toboggan in 2020. Carly is excited to be a part of the future of GNCTR and make the 2024 competitors “Dreams Come True” like the previous GNCTRs did for MUN’s team. Carly graduated from Civil Engineering in 2020 and since her graduation, Carly has worked in the fire insurance industry and utility industry. She currently works as an EIT with NL Hydro.

Some of her fondest memories are successfully making it down the hill in 2019 (and a little less so in 2018 and 2020). Carly is really excited to welcome engineering students from across the country to her home province to compete in an event she cherished so much during her undergrad.





4.6 Hannah Pitcher, VP Social (“Mudder”) (She/Her)

Hannah blindly joined Tbog in 2022 without really knowing what a concrete toboggan was. Originally a member of the superstructure team, she was asked (begged) to be the Spirit Captain of the 2023 team, alongside fellow hooligan Dillon Sullivan. Hannah quickly embraced the role and knew she was in for a good time. After returning from Kelowna exhausted, dehydrated, and voiceless, she knew she wasn't ready to say goodbye to GNCTR just yet. She still doesn't really know what a concrete toboggan is, but GNCTR holds a special place in her heart. Hannah is excited to help plan GNCTR 2024 and show off her beautiful home of Newfoundland.



Hannah graduated from Mechanical Engineering in April 2023. She currently works as a Maintenance/Reliability EIT with Rio Tinto IOC in Labrador City. She has a wide range of experience in project management, quality control, mineral production, and mechanical design.

Her favourite GNCTR memory is seeing MUN's toboggan complete a successful run at GNCTR 2023 in Kelowna. We went in with no hope of making it down the hill and we ended up making it to the semi-finals. Core memory.



4.7 Christian Pelley, VP Technical (“Babybird”) (He/Him)

Christian is a graduate of Memorial University’s Civil Engineering Class of 2020. He joined the GNCTR community in 2018 when MUN decided to pursue their comeback. He continued his involvement through the next few years until graduation. He has been a part of several groups for the MUN toboggan team, with being a co-captain in 2020.

Christian has a vast range of different disciplinary work including marine transportation/design, quality assurance in underground mining, and commercial/municipal construction. Upon graduation he accepted a position to begin his career in the mining industry in an engineering planning role, later moving to heavy civil construction in a quality field engineering position, all within mines across Canada.



He has many favorite memories about the competition, however, his not so favorite was falling out of the toboggan at GNCTR 2020. (Unofficial) Competition Rule #24: Never put your tallest member in the toboggan.

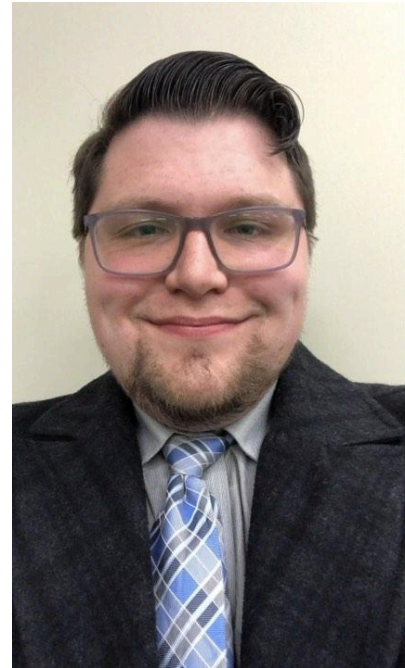


4.8 Alex Gibbons, VP Race Day (“Gubs”) (He/Him)

Alex, or better known by his friends and enemies alike as Gub, is a graduate of MUN’s Civil Engineering Class of 2018. He was the Construction/Design co-lead for MUN’s gloriously mediocre return to T-bog in Waterloo in 2018.

From 40 metres above the raging Churchill River in Labrador on a Roller Compacted Concrete dam, to 3 kilometres underground on an advanced tunnel boring machine in Northern BC and to 130 metres above the Atlantic on the Slipforms for the West White Rose extension in Coastal Newfoundland, Alex has worked coast to coast on some of the biggest infrastructure projects in Canada.

His fondest GNCTR memory was being so excited to actually make it to Waterloo with a semi-functioning toboggan that he accidentally grabbed a bottle of shampoo from his luggage instead of his newfie screech.



4.9 Jenna Power, Food Coordinator (“Power”) (She/Her)

Jenna became a member of GNCTR in the middle of 2022 after being persuaded by Billy to join the group who were planning to travel to Kelowna in 2023. Despite being a newcomer to the team, Jenna quickly established herself as a valuable member, co-leading the design of the toboggan's braking system with her classmate Conor. Jenna participated in the team's journey to Kelowna for the first in-person race in two years and competed in the toboggan for three out of the four runs during the event.



As a newly graduated Mechanical Engineering in Training working at Memorial University with the Technical Services Department, she brings with her the valuable experience of five previous work terms, where she has honed her problem-solving, communication, and technical skills. With a strong background in academics and extracurricular activities, she makes an excellent addition to the OC team, contributing her expertise to various areas, including social events, technical components, planning, and scheduling.

Jenna's favorite part of GNCTR was the social aspect and race day. She enjoyed meeting new people and making friends, often introducing herself while waiting for the elevator, which was usually very slow. Making new friends and connections was an incredibly rewarding and exciting part of the competition for her. Jenna also found racing in the toboggan to be an unforgettable experience. Initially hesitant about taking the plunge, she was thrilled that she did. The team's success left her feeling proud, and it was the highlight of her time with GNCTR.

Despite the team's performance and her contributions to the team, Jenna feels disappointed as she graduates with only one GNCTR competition experience under her belt. She was so energized and inspired by her time with the team that she enthusiastically hyped up the event and Newfoundland to many others. Jenna is thrilled to have the opportunity to serve as part of the OC with this outstanding group in Newfoundland, allowing her to continue contributing to the competition's success and creating lasting memories.



4.10 Stephen Baldwin, Safety Coordinator (“Beebo”) (He/Him)

Stephen was first introduced to the world of t-bog back in 2020 when Billy approached him asking for some assistance running FEA’s. Stephen quickly learned that he did not know how to properly do an FEA, so then he naturally assumed the role of Superstructure lead the following year. Stephen took this opportunity to make others do the work and to call it project management while getting the credit if things went well (which somehow they did!). During the competition, Stephen fell for the beauty of the school spirit and intuition, so he, therefore, pledged to assist with the OC when the competition came back home to the rock.



After graduating from Memorial University as a Mechanical Engineer in 2023, Stephen decided to pursue his problem-solving and quick-thinking abilities that he learned throughout school and GNCTR to become an IFR Air Traffic Controller. He believes that working in a career that is safety and efficiency-oriented makes him a prime candidate to represent the OC for safety at this year's competition.

Stephen’s favorite GNCTR memory is becoming really great friends with Dillon and the rest of our room as the trip allowed us classmates to be able to spend lots of time together and to really gel.



4.11 Dillon Sullivan, Volunteer Coordinator (“Knee Sweat”) (He/Him)

Dillon became a member of MUN’s concrete toboggan team early in the winter of 2022. Despite his initial belief that he would only play a small part in MUN’s T-bog dream, he quickly became a core component of the superstructure team working to heavily influence the final design. Following near completion of the superstructure design, Dillon was voluntold to shift gears and become Spirit Captain alongside fellow scoundrel, Hannah Pitcher, where he enjoyed leading raspy-voiced team chants and cheering his fellow teammates on throughout the competition.



Dillon is a graduate of MUN’s Mechanical Engineering program class of 2023. Following the completion of his engineering degree, Dillon began his new graduate career in the beverage production industry, accepting a role as the maintenance supervisor working for Browning Harvey, a franchised Pepsi producer. Dillon has also gained a variety of experience completing numerous operations and project management roles working in the pulp and paper, municipal, and oil and gas industries.

Dillon’s fondest GNCTR memory is watching the 2023 MUN toboggan complete its first run down the snowy slopes in Kelowna, and celebrating its success with his fellow surprised classmates.



4.12 Victoria Pelley, Relations Coordinator (“Poncho Princess”) (She/Her)

Victoria joined MUN’s Tbog team when the team made its comeback from its hiatus from the competition in 2018. MUN’s return to the promised land, aka GNCTR, sparked a fire in her that she never knew existed. The love of the competition compelled her to be involved with all aspects of the design phases the following years, 2019 and 2020, and ultimately leading to being concrete lead in 2020.

Victoria graduated from Civil Engineering in 2020 from Memorial University. Since graduation, her career has progressed with a focus in municipal engineering. Her first position after graduation was with a consulting firm, where she gained experience dealing with industry experts and working as a project engineer. Fast-forward, Victoria is now currently working with the Water Resource Management Division - Community Water and Wastewater group with the provincial government.

Her favorite memory of GNCTR was watching how far the team had come from our first attempt in 2018 to the progress made in 2019 and 2020 competitions.

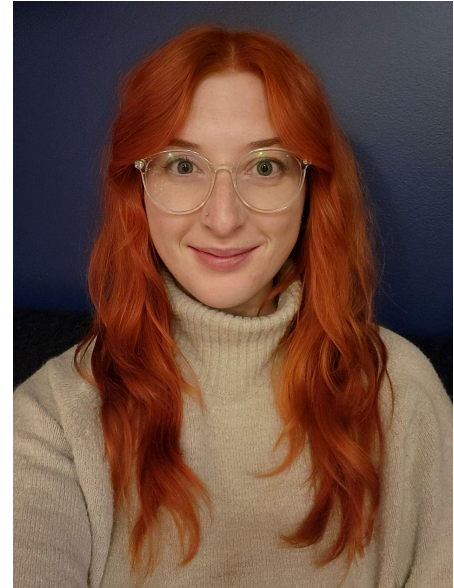




4.13 Kayla Mulrooney, Relations Coordinator (“Mooner”) (She/Her)

Kayla made a one year only debut to GNCTR after the resurrection of the MUN team in 2018. From the long nights of sheer determination to get to Waterloo in one piece to begging anyone who would spare a looney to support them, she had no idea what to expect. Even though the poor old TBogg didn't make it to the finish line, the days of theme nights and competitions were more than enough to keep the GNCTR in her heart forever.

Kayla graduated from Civil Engineering at MUN in 2018. Since then, she has admired the new generation of GNCTR teams while working on the West White Rose Project on site in Argentia, NL and at Aker Solutions in Project Controls. She has vast experience in cost control, estimating and project management.



Her happiest memories of GNCTR was getting to explore a new challenge with a great group of friends and seeing the look on people's faces when they found out what Newfoundland “mumming” was; a wacky bunch of people looking to spread joy through the jigs and reels.



4.14 Taylor McLean, Competitor Interaction Coordinator (“Oi Taylo”) (She/Her)

In 2018, Taylor was a driving force to restart MUNs GNCTR team after a long hiatus. She was then involved in the team from 2018 until she graduated in 2020 holding multiple roles as captain, spirit captain, and tech ex lead. As much as she loved the toboggan building, her bread and butter throughout all three years was designing the tech ex display. In 2019 the team won “Best Tech Ex Display” and she then knew that she could graduate feeling fulfilled.



Born and bred in St. John’s, NL she now lives in Montreal, QC. As mentioned, she graduated from MUN in 2020 and then in 2023 she completed a Master’s degree in Structural Engineering from McGill University. Fulfilling her lifelong dream of designing all the LEGO creator structure sets in real life, she currently works as a structural engineer with L2C Experts-Conseils in Montréal where her heart is now set on structural steel and wood design. Let’s be honest, concrete is not pretty.

Her favorite memory of GNCTR was in 2018 at opening ceremonies where the Newfoundland mummies managed to get most of the competitors up dancing a jig to some Newfie tunes. She’s excited to return home as a “fake” come-from-away and make new GNCTR memories from a different perspective.



4.15 Zoe Philpott, Spirit Coordinator (“Dr. Phil”) (She/Her)

Zoe joined MUN Concrete Toboggan in 2019 and attended her first competition in Toronto in 2020. Continuing her toboggan journey as the 2021 theme lead, she had high hopes for the competition, however after its cancellation, she was left with a Tbog sized hole in her heart </3. As everyone knows, one competition is not nearly enough, which is what pushed Zoe to join in the efforts to have GNCTR 2024 hosted in Newfoundland!

Zoe graduated in 2021 from Memorial University with a degree in Civil Engineering. After graduation she traveled far, far away to the magical land of Edmonton to work as a Field Coordinator with PCL Construction. Here, she gained valuable experience in project management and the technical side of construction. After 3 years in ‘Berta, the east coast was calling, and she returned to Newfoundland, currently working with PCL in Corner Brook.



Her favourite memory of GNCTR is the infamous theme nights of GNCTR 2020 in Toronto.



4.16 Taylor Thomas, Tech Ex Coordinator (“Mrs. Gubs”) (She/Her)

Taylor joined the MUN Concrete Toboggan team when the team made a comeback in 2018 after 5 years of being dormant. The first year the entire team was thankful that the team and the toboggan made it to GNCTR in Waterloo, Ontario in one piece. That first year, Taylor was the spirit lead for the team and immediately her passion was ignited by the competition spirit. After her first GNCTR, she was determined to make it to the next and then the next.



Taylor co-captained the team for the next two years, adamant on spreading the GNCTR love and getting more people to experience GNCTR, ensuring the team continued on for the years to come.

Taylor graduated with a Civil Engineering Degree in 2020 from Memorial University. Following graduation, she joined a climate change and resilience project in Newfoundland, gaining valuable knowledge on the climate change issues faced by the province. She now works within project management.

Taylor is bringing her newfoundland spirit, scrappiness, dedication and bubbly personality into putting off this year's competition. Since Taylor has competed at three GNCTR competitions, her extensive experience will help make GNCTR2024 the best competition to date.

Her favourite part of GNCTR is the GNCTR spirit at every moment, from the start of the morning singing on the bus, to the team's costumes.



4.17 Ashley Brace, Social Coordinator (“Trashley”) (She/Her)

Ashley is from Mount Pearl, NL, and is a graduate of Memorial University's Civil Engineering Class of 2020. Ashley first became involved with GNCTR when she attended the competition in 2020 in Toronto, ON, as a member of MUN's Boggwatch team. Having only attended one competition before graduating; even four years later, Ashley has still not recovered from her GNCTR FOMO.



After graduating in 2020, Ashley spent three years working in the Shipbuilding industry in Halifax, NS, on the AOPS program. During this time she worked in a variety of roles as a participant in an EIT development program, including Project Engineering, Field Service Engineering, Production, and Planning. This past year, Ashley made the move back to "The Rock" and is currently working as a Project Engineer in the Offshore Oil and Gas industry on the West White Rose Project. In Ashley's free time, she loves to work on DIY projects, crochet, and listen to Taylor Swift.

Her favourite GNCTR memory is surviving the toboggan crash at GNCTR 2020 in Toronto.

5 Industry Judge Bios

5.1 Concrete Judges

John Pike, P.Eng.



In 2013, John was a member of the Memorial University of Newfoundland (MUN) GNCTR team and traveled to Vancouver for the competition. John graduated with a Civil Engineering degree from MUN in 2016 and has since worked as a Geotechnical, Materials, Civil/Municipal, and Transportation Engineer throughout Canada and the Caribbean. Currently, he owns and operates GeoMaterials NL Consultants Inc., a Civil Engineering consulting firm located in St. John's, NL, specializing in Geotechnical and Materials

Engineering, as well as Civil design and construction inspection. Leveraging his expertise in preparing concrete mix designs, CSA concrete trials, reinforced concrete design, and inspection, John will apply his knowledge to assess each team's concrete mix/design elements.

Travis Cotterill

Travis Cotterill is a project engineer (EIT) working at a civil construction based company called PipeSak Incorporated. Travis graduated from Western University in 2022 with a Degree in Structural Engineering. Travis participated in three previous GNCTR competitions, with executive roles including team captain, and concrete captain. During his time on WETT, the team achieved many first place concrete accolades related to concrete mix, reinforcement and profile. Travis is very excited to see the innovative designs teams have created for this year's competition.





Max Day, P.Eng, P.GSC (OC's "Senior Advisor")

Max is Professional Engineer and Professional Gold Seal Contractor specializing in construction of concrete Structures. Max is currently the Senior Site Engineer with Can-Am Platforms & Construction Ltd. a local general contractor and looks after the daily operations of the company's day-to-day construction processes.

Max was the Team Captain of Memorial University's Concrete Toboggan Team in 2010 and 2011, the original teams from Memorial to attend this event.



Joe Blundon, P. Tech



Joe Blundon is the Vice President of Operations for Newcrete Investments, the largest Ready Mix, Precast, Masonry and Hardscape manufacturer in Newfoundland and Labrador. Joe started working in the concrete industry in 1996 and, since that time worked his way throughout the industry in various roles within the Newcrete group of companies. In Joe's early career, concentrations were in concrete Quality Control and Mix development within the precast division, helping the company become the first CSA Certified (A23.4) precast concrete manufacturer and also the first company to use Self-Consolidating Concrete (SCC) in Newfoundland and Labrador.

After moving into a leadership role within precast, Joe eventually transitioned to the manufactured concrete products division of Newcrete, overseeing the implementation of new manufacturing equipment and re-alignment of product offerings for the Newfoundland and Labrador market. Since 2016 Joe has been an integral part of the management and development of the Ready Mix concrete side of Newcrete. Joe is focused on the continual improvement of products offered through mix development



and new technology within the industry. Joe has also helped execute the supply of concrete, as Project Manager, in some major construction projects in Newfoundland, most notably West White Rose Project and the Marathon Gold Project. Recently Joe has been part of a team implementing the first CO2 injection concrete system in Newfoundland and Labrador. Sequestering CO2, forever trapping it within concrete structures, in turn lowers the carbon footprint of the cement and concrete industry.

Robyn O'Donnell, P.Eng

My name is Robyn O'Donnell, part of the 2013 Civil Engineering class. I have been a structural engineer with DBA Consulting Engineers since graduation. I was first introduced to the world of GNCTR back in 2011 and met so many incredible people, including Rick Mercer.

My favorite GNCTR moments were always the constant chanting, singing and dancing. The atmosphere is indescribable!



5.2 Mechanical Judges

Aidan Solala, P.Eng



Aidan is a Global Supplier Development Manager at Spin Master Ltd, specializing in new supplier development in the European Union. Aidan holds a Bachelor of Applied Science from the University of Toronto, as well as a certificate in Mechanical Techniques from George Brown College, and is a licensed Professional Engineer. Aidan was previously involved in GNCTR from 2014-2020, holding a number of competitor and volunteer roles, including co-chair of the GNCTR 2020 organizing committee.

Jack Warden

Jack Warden is a PhD student at Western University focusing on climate change and civil engineering. Jack graduated in 2023 from Western University with a degree in Environmental Engineering. In his final year of undergraduate studies, Jack was the construction manager for WETT and was responsible for the coordination and execution of all manufacturing for the team. As construction manager, Jack provided extensive DFM feedback to the mechanical design team, machined all components for the toboggan, and led/trained the welding team for the 2023 competition, ultimately manufacturing the winning toboggan in 2023. Despite having an academic background in civil



engineering, Jack has considerable mechanical background, having worked in the trades for years as a mechanic and having been employed by the university to supervise the engineering student shops and provide design and manufacturing assistance for student teams, primarily relating to DFM and DFA. Jack is also a teaching assistant for a mechanical engineering course covering advanced CAE and CNC manufacturing. Jack is extremely excited to see the latest innovations that competing teams have created for this year's competition.

Ozan Coşkun



Ozan studied mechanical engineering at the University of Toronto and completed his M.A.Sc in aerospace engineering with his thesis focused on aeroacoustics and turbulent flows. He has been to 6 GNCTRs, for which he was the UofT Captain in 2016 and the OC Co-Chair in 2020. During his term as the captain, he designed the first carbon fiber monocoque shell for the toboggan. In a rather uncharacteristic career shift, he currently sells romance and thriller novels full-time as the co-owner of his startup.

John Walsh

John is a Mechanical Engineer E.I.T., born and raised in Harbour Main, Newfoundland. He is currently employed as the Engineer-in-Residence overseeing the Student Design Hub at Memorial University. He lives for the outdoors and is professionally interested in rapid manufacturing, wellness, architecture, and entrepreneurship.



5.3 Safety Judges

Michel Servant, P.Eng. GSC NCSO



Michel has over 20 years of industrial construction experience with emphasis on manufacturing, fabrication, construction project management and strategic business development. He has lead constructability programs, project teams and PCL's module assembly facility. Currently Michel is focused on leading PCL's industrial construction market analysis and providing strategic business direction to the executive team. Just as comfortable on a job site

as a mtn slope, Michel has been a past safety judge and is looking forward to GNCTR 2024! Best of luck to all the teams, see you on the hill!

Parker Gavey, GSI

Parker is currently working at PCL Construction as a Project Coordinator out of the Calgary Special Projects division. He has a Bachelor of Science in Construction Project Management and a Diploma of Architectural Technologies from SAIT. Parker is also an alumnus of GNCTR, attending every competition since Kelowna in 2014, either as a competitor, alumni, or as part of the Calgary Organizing Committee (which he is very sad that COVID prevented them from hosting), or safety judge.





Mitchell Adams, P.Eng



First joining GNCTR as a student for Vancouver 2013, Mitchell has attended a total of eight competitions as an undergraduate, alumni team member, OC/OC in training, and safety judge including two competitions as Organizing Committee Co-Chair. He graduated from the U of C with a degree in Mechanical Engineering and currently works at Reinbold Engineering Group designing HVAC, plumbing, and fire protection systems.

Kristina Burt

Kristy is currently working as an Emissions Analyst at Crescent Point Energy on their Environmental and Regulatory Team. She graduated with a Bachelor of Environmental Engineering from Dalhousie University, before returning to her hometown of Calgary. Kristy has been involved in GNCTR since 2014, and was a member of the ill-fated 2021-2022 Calgary Organizing Committee. She is thrilled to see the competition head to the Maritime's and be part of its 50th year.



5.4 Technical Judges

Edward Martin, MBA



Ed Martin is a passionate entrepreneur with a wealth of experience in building successful businesses. He was previously the CEO of Clockwork Fox Studios, a SaaS edtech company that built a market-leading learning platform for primary math. He led the successful acquisition of Clockwork Fox in 2021. Prior to that, he was an award-winning film, television, and video game producer. Today, Ed serves as the Director

of the Memorial Centre for Entrepreneurship, where he helps aspiring entrepreneurs turn their ideas into reality.

Paul Baker, P.Eng, MBA

I'm the Chief Mine Engineer at Voisey's Bay in northern Labrador on the traditional lands of the Labrador Innu and the Inuit of Nunatsiavut. I'm a born and bred Newfoundlander but graduated from Dalhousie University in 2010 (Mineral Resource) and spent years working overseas in Australia before moving back home to St. John's. I've been at Voisey's Bay for 7 years and am a proud member of the Emergency Response and Mine Rescue Teams. In my time away from work I can be found sailing, climbing, or fixing just about anything.





John Walsh, P.Eng, PMP

John Walsh, an experienced professional civil engineer, graduated from Memorial University in 2007. With 17 years of experience at Newfoundland & Labrador Hydro, he now serves as the Senior Manager for Major Projects, overseeing planning, project management and engineering for several of Hydro's large utility initiatives. Over his career, John has had extensive experience in the planning, design, implementation and operation of complex utility infrastructure. John is also a registered and practicing project management professional. He resides in St. John's NL, where in his spare time enjoys spending time either hiking or kayaking with his partner Kendra and Australian Shepherd Spencer.



Joe Cocker, P.Eng

Joe graduated from Memorial University in 2011 and started his career in oil & gas as a project engineer for Arctic and Cold Climate Projects. He started with Vale in 2018 as a Mechanical Engineer and progressed to the role of Central Engineering Superintendent for Long Harbour in 2019. Joe recently became the Central Engineering Superintendent for Vale Newfoundland and Labrador, responsible for design engineering and studies for Vale's Long Harbour Nickel Processing Facility and Voisey's Bay Mine. Joe lives in Portugal Cove with his fiancé, Sarah, and their two dogs and two cats.





6 Spirit Judges

6.1 Bryant Schroeder



GNCTR Experience: Winnipeg 2017, Waterloo 2018, Edmonton 2019, Calgary 2022 and Kelowna 2023
School: University of Calgary

Though no one really knows where he came from, sources say Bryant's long and fruitful* career in GNCTR dates all the way back to 2016 - the same year he started a degree in Mechanical Engineering (Biomedical Engineering minor) at the University of Calgary. There, he immediately fell in love with the energy and incredible sense of community within the competition. Bryant went on to become a recurring member and spirit captain/executive of the official UofC traveling team for the next 5 years until the completion of his Bachelor's in 2022, and was even reportedly spotted returning to Kelowna in 2023 as part of an alumni team. Bryant was also actively involved in planning many other social events at UofC including a series of interdepartmental social and charity events known as Engineering week. He is now employed as a software engineer at Garmin Canada Inc. in Cochrane Alberta where sadly, he does not build toboggans but helps develop biosensors.

Fun fact: When he is not coming up with excuses to continue to return to future GNCTR competitions, Bryant enjoys acting and frisbee golf.

6.2 Jess Van Den Heuvel



GNCTR Experience: Toronto 2020, Kelowna 2023
School: Western University

Jess graduated from Western University last year with her degree in Civil Engineering. She is currently stuck inside a boundary layer wind tunnel and pursuing her Masters in Engineering Science in Wind Engineering at Western, focusing on irregular building shapes. Despite only joining WETT in 2020, never holding an exec role on the team,



and existing primarily as a personality hire (woo spirit) on the mechanical and construction teams (civil student does everything but concrete?), Jess was promoted to WETT Co-Captain for GNCTR 2023 and led her team to win the coveted Most Improved trophy (and 1st place). A survivor of not one, but two zoom meetings disguised as GNCTR competitions, Jess is now able to claim GNCTR victory at each and every in person competition she has attended thus far (1).

Now too old and boring to compete for glory, Jess is excited to bring her vast experience in weird engineering traditions, purple spray tans and making a fool of herself to enhance the spiring experience at GNCTR 2024 as the only spirit judge who can read and write.

6.3 Brianne O'Gallagher-Roy



GNCTR Experience: Calgary 2022 and Kelowna 2023
School: Concordia

Brianne has a Software Engineering degree from Concordia University and has no idea how concrete or toboggans work. She does, however, have skills in arts and crafts, singing in busses, and designing and trading patches. She jumped straight into being a spirit captain for Concordia in 2022 and 2023, and helped her team to win the much prized people's choice award both years. She has also participated in Quebec's Engineering Games, the Canadian Engineering Competition, and several hackathons (winning one).

Come find her at the end of comp to trade for her yellow lab coat sleeves.

6.4 Natalya Whitla 'Nadala Widola'



GNCTR Experience: Calgary 2022 and Kelowna 2023

School: Western University

Nadala graduated Western University in 2023 with a dual degree in Integrated Engineering and an HBA from the Ivey Business school. During her time at school she was on the Western Engineering Toboggan Team (WETT) for her final 2 years, attending GNCTR in Kelowna 2023. On WETT she held roles on various teams including construction, sponsorship and theme. Most notably, she was WETT's spirit captain in 2023. Beyond WETT, Nadala was very involved with other clubs including Engineers without Borders and the Integrated

Engineering club.

After school, Nadala is beginning a career in consulting at Bain & Company.

6.5 Liam Roche



GNCTR Experience: Kelowna 2023

School: University of Ottawa

Liam graduated from the University of Ottawa in 2023 with a dual degree in Chemical Engineering and Computing Technology. His first GNCTR was in 2023 in Kelowna where he became the spirit captain, technical exhibit captain, and finance captain for his team. That year, his team would win the Best Non-Competing Team Award. He is currently a Management Consultant in Strategy and Operations at KPMG. Prior to joining KPMG, Liam worked at all 3 levels of government ranging from a special assistant for Ottawa's

Mayor Jim Watson, to working in the Prime Minister's Office doing Issues Management, Parliamentary Affairs, and Canada-US Relations.

Fun Fact: Do not ask Liam what the difference is between concrete and cement... he has literally no idea despite being explained 15 times.



7 Sponsors

7.1 Title



7.2 Event



Atlantic Canada
Opportunities
Agency

Agence de
promotion économique
du Canada atlantique

Canada 



7.3 Diamond

ABO
WIND

7.4 Gold



AIR CANADA

theremedi



QUIDI VIDI

BREWERY



7.5 Silver





7.4 Bronze

bird



OLYMPIC
construction


rCS
construction



PORT OF
ARGENTIA



Clarenville
REAL • LIFE • POTENTIAL



COLAB

FORTIS INC.

STAY • DINE • EXPLORE

FISHERS' LOFT
INN
NEWFOUNDLAND



ST. JOHN'S



8 Participating Teams

8.1 Competing Teams

Team	Theme
University of British Columbia Okanagan	Mater's Bog Busters
University of Calgary	BOGG Story
McMaster University	Boggatouille
University of Alberta	We like to Bogg it Bogg it (Madagascar)
Concordia University	Shrek / Shrogg
University of Toronto	Joboggan
The University of British Columbia - Vancouver Campus	Bogtoberfest
University of Manitoba	Barbie's Dream Bog
Western University	Super Mariobogg
University of Waterloo	Tee-Bog
University of Guelph	Avatar: The Last BOGGbender
Toronto Metropolitan University	Ghostbusters
Memorial University	Boggtona 500
University of Ottawa	Tubbog
University of Regina	Breaking Bogg
NAIT	Harry Bogger



9 Awards

9.1 First Place, Overall Champion & Recipient of the CSCE Cup

Awarded to the team with the highest overall score, or any team satisfying two (2) “win by default” clauses outlined in Section 14 of the GNCTR 2024 Official Competition Rules.

9.2 Second Place

Awarded to the Team with the second highest overall score.

9.3 Third Place

Awarded to the Team with the third highest overall score.

9.4 GNCTR Excellence in Safety Award

Awarded to the Team scoring the highest Safety score. Display of safety practices and culture on Race Day will contribute to selection.

9.5 Best New Team

Awarded to the new Team with the best overall score. A “new team” is defined as a team that has never competed at GNCTR before, or has not competed in the past two (2) in-person years at GNCTR 2020 in Toronto and GNCTR 2023 in Kelowna.

9.6 People’s Choice

Awarded to the Team that other Teams deem to be the most spirited, fun, innovative and one that enhances the competition for other teams around it. The People’s Choice Award is voted on at the final captain’s meeting prior to Closing Ceremonies.

9.7 Most Improved Team

Awarded to the Team that has competed in the past two GNCTR competitions (GNCTR 2023 and 2024) and posted the greatest overall score improvement from the 2023 competition.



9.8 Most Sustainable Team

Awarded to the team that best demonstrates in their Technical Report and Technical Display how the team was sustainable in both the choice and use of materials in the design process, construction, and disposal of their Toboggan. The award will be based on the sustainability of the following criteria: concrete mix design; ski and/or slab formwork; toboggan frame; toboggan mechanical systems; the team's construction methods; and the team's technical display.

9.9 Best Theoretical Toboggan

Awarded to the Team with the highest Toboggan design score.

9.10 Most Innovative Design

Awarded to the Team with the highest innovation score.

9.11 Best Concrete Mix Design

Awarded to the Team with the highest concrete mix design score.

9.12 Best Concrete Reinforcement Design

Awarded to the Team with the highest concrete reinforcement design score.

9.13 Best Geometric Profile and Formwork

Awarded to the Team with the highest Geometric Profile and Formwork score;

9.14 Best Braking Design

Awarded to the Team with the highest Braking System design score.

9.15 Best Steering Design

Awarded to the Team with the highest Steering System design score.

9.16 Most Aesthetically Pleasing Toboggan

Awarded to the team who the Judges and competitors deem to have designed and built the most aesthetically pleasing Toboggan.



9.17 Best Technical Display

Awarded to the team with the highest Technical Display score based on the informative content of the display, incorporation of the team's theme, and overall aesthetics of the display.

9.18 Best Technical Report

Awarded to the team with the highest Technical Report score.

9.19 Best Technical Presentation

Awarded to the team with the highest Technical Presentation score.

9.20 Best Performing Toboggan

Awarded to the team with the highest Race Day score.

9.21 King of the Hill

Awarded to the team that places first in the King of the Hill tournament on Race Day.

9.22 Fastest Run Time

Awarded to the team with the fastest run time.

9.23 Best Braking Performance

Awarded to the team with the highest braking performance score.

9.24 Best Team Spirit, and Recipient of the Spirit Cup

Awarded to the team with the highest overall Team Spirit score.

9.25 Best Costumes

Awarded to the team with the best themed costumes.

9.26 Best Superstructure

Awarded to the Team with the highest Superstructure Frame design score.

9.27 ThereMedia Best On-Screen Performance

Awarded to the Team who is considered to have the best performance captured by the Competition’s video production sponsor: ThereMedia.

10 Map

Map of GNCTR locations:



Scan the QR code below for map and other resources:





11 Emergency Contact Info

Toll-free GNCTR 2024 OC Emergency Line: **1-800-225-9137**

- This number dials the GNCTR 2024 Organizing Committee Members. It will continue to ring until an OC member on the call list picks up.

Police, Ambulance, and Fire Emergencies: **911**

MUN Student Wellness and Counselling Centre: **709-864-8500**

St. Clare's Mercy Hospital Emergency Department: **709-777-5501**

Health Sciences Emergency Department on Prince Phillip Drive: **709-777-6300**

24/7 NL Government Mental HealthLine: **1-888-709-2929**

Students should be aware of their home universities specific contact info for their wellness centers; the master list can be found at the QR code on the page before.

University	Emergency Line	Notes
University of British Columbia Okanagan (UBCO)	1-877-857-3397	Here2Talk Crisis line
University of Calgary	1-403-266-4357	Crisis Line
McMaster University	1-905-972-8338	Crisis Line
University of Alberta	1-877-303-2642	Alberta Mental Health Help Line
Concordia University	1-866-585-0445	Crisis Line
University of Toronto	1-866-925-5454	
The University of British Columbia - Vancouver Campus	1-877-857-3397	Here2Talk Crisis line
University of Manitoba	1-888-322-3019	Crisis Line
Western University	1-866-925-5454	Good2Talk line
University of Waterloo	1-844-437-3247	Here 24/7 Line
University of Guelph	1-844-437-3247	Here 24/7 Line
Toronto metropolitan university (was Ryerson)	1-866-925-5454	Good2Talk line
MUN	1-844-451-9700	
University of Ottawa	1-866-925-5454	Good2Talk line



University of Regina	1-800-668-6868	Canada Crisis Line
NAIT	1-780-342-7777	Adult Mental Health Crisis Response Team

12 GNCTR Word Search

R A E S I I R C I W D Q F F O S L L I H E T I H W
 L I H U A L C I R R L G S I G T U S S O N W B R T
 L H N A X N I F F U M E L G G U R T S T R B I E O
 E T E G R E B E C I C G B A F E F C B I E I S E H
 R W L M R R R T S P I R I T M M R E A C H U I E A
 E E S U F S G K E T I L G A T U I S S N T E H N N
 T N O L L A H O R I B H M S R L N T E O R L S E U
 G T T L S E O T G R E B A G D H S J B H O I L I I
 T Y M F A D S R T E C L R S Q R U O F T N G O N E
 M F E L W M U T I I O U Y G I F G H W S L S L B F
 F O L S I R L I R O N E A H L G W N P L D R O R R
 F U N N W F N N T R C E H U A N N S F A F Q I T T
 M R E T S B O L G U R F S N U O E A R E R T D I J
 S T H A D E I G E S E X E I F G N C L S C R G I T
 C N E T D E I H O D T A D R R O O I Y H M T C D R
 R E N G T F T D R N E P O E L L N O T N I O O B M
 F I Y M S R N C G E L T C S T T N S S F A L G H G
 K I A S S G H R E I A F O G L S D H E M T O L G K
 N N F E R O O M S R H K I N G O F T H E H I L L I
 I N H T G E I N T F W E C S O I I P A T O E R T O
 L B C A Y L H T R T R G R A S A T E U A L E S G R
 N N I O T D I O E S I E A T T E Q S V F I S T U E
 G I H L O M U T E E Q U I D I V I D I E F P O B O
 A H H H N T F A T B F K L X E H C E T L I I I G I
 S I R E T S S M A E R D N A L D N U O F W E N O E

GNCTR	NORTHERN	CONCRETE	TOBOGGAN
FIFTY	ST JOHNS	NEWFOUNDLAND	PUFFIN
WHALE	SIGNAL HILL	ROOMS	QUIDI VIDI
GEORGE STREET	HALL	OATES	BEST FRIENDS
ICEBERG	BIG MARY	DREAMS	TWENTY FOUR
WHITE HILLS	STRUGGLE MUFFIN	TECH EX	KING OF THE HILL
SPIRIT	LOBSTER	MUN	