

October, 9th, 2014

FOR IMMEDIATE RELEASE

2015 Canada Winter Games site hosts a Teck Regional Camp

(Prince George, BC) – Northern BC was host to this last weekend’s Teck Regional Fall Dryland Camp which took place primarily at the beautiful Otway Nordic Centre, host of the 2015 Canada Winter Games Nordic events.

A total of 32 athletes between the ages of 9 and 15 took part from Prince George, Vanderhoof, Williams Lake and Smithers. Although the evenings and early mornings brought on plenty of rain, the athletes we’re not afraid to hit the ground running. First thing Saturday morning, athletes took to the pavement for a 2 hour roller ski. For some of the younger athletes, this was their first time on roller skis which made for an interesting, but very fun morning. Afternoons often included team building events, games and even some slack-lining in the forest! On Saturday evening a massive yoga session took place, followed by a movie.



The athletes arose Sunday morning with smiles on their faces, looking forward to the final activity of the camp: a 2 hour run on Otway’s epic single track trails. The run was a success, but the athletes we’re definitely feeling the pain afterwards. Callaghan Valley Training Centre Head Coach, Chris Manhard, said *“These guys found new limits for their training this weekend and I hope they will bring this home, it was a lot of fun”*.

Each athlete took home something different from the weekend, but three things are for sure; excellent food was had, great friends were made and stellar training was accomplished. This camp could not have been made possible without the help of parents, chefs, coaches and Teck Resources Limited.

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