

October 3rd, 2014

FOR IMMEDIATE RELEASE

All Smiles in Whistler

(Whistler, BC) – Last weekend the Hollyburn Cross Country Ski Club was host to yet another Teck Regional Camp. This time, the camp held in Whistler, BC attracted an army of 57 skiers from around the region to combine forces for a weekend no one would forget!

The camp was no “walk in the park” as Saturday morning brought on a tough set of rollerski intervals up the Whistler Olympic Park access road. The 11km road boasts a steady climb all the way to the park, which allowed the athletes to push their limits. Athletes’ doing intervals we’re met by smiling (and energetic) faces at the end of the road where the younger group was working on technique drills. Later that evening dinner took place at the Whistler Athletes’ Lodge put on by a huge amount of volunteers. The older athletes arrived a little later to the scent of dinner cooking after a solid strength session in the gym. The coaches all agreed that the silence following dinner meant that everyone had worked hard.



Sunday morning included two separate hikes, the younger group took on Rainbow Lake while the older group set out for a 24km run/hike from Rubble Creek to Helm Creek, then past Black Tusk Mountain. Head coach Jake Weaver, stated “this tough hike has become a rite of passage for Sea-to-Sky athletes and they all rose to the challenge”. The hikes wrapped up another successful Teck Regional camp!



A camp of this nature is not possible without the help of a group of dedicated volunteers who kept everyone fed and kept the camp running smoothly. The coaches were impressed with the great attitude and hard work put forth by all participants. Camp organizers was to thank the coaches, volunteers, athletes and Teck Resources Limited for making it a huge success.

For more information, please contact:

Cross Country BC

Dudley Coulter

250-545-9600

adcoord@crosscountrybc.ca



Hollyburn Cross Country Ski Club

Jake Weaver

250-619-2075

biweaver@shaw.ca

Teck

