

Teck Regional Camp Program



Last weekend, 31 racers enjoyed the cross-country Regional Dryland Camp held in the Comox Valley and sponsored by Teck Resources Ltd. Coaches Dave and Andrea led the participants through two days of roller ski drills, strength and balance exercises, and games.



The camp ended with a grueling race up the Strathcona Parkway. Congratulations to all participants and to the uphill race prize winners:

14 km: 1st – Jamie Wasteneys, 2nd – Sheridan Meckert, 3rd – Alec Stapff
10km Boys: 1st – Connor McGrady, 2nd – Ross Lamon, 3rd – Mark Grant
10km Girls: 1st – Ariel Becherer, 2nd – Avalon Wasteneys, 3rd – Morgan Meckert
5km Devos: Annelise Henckel, Taz Oldaker



For more information contact the Strathcona Nordic Ski Club email info@StrathconaNordics.com, website www.strathconanordics.com or CCBC Office at (250) 545-9600 email: techcoord@crosscountrybc.ca website: www.crosscountrybc.ca