



Larch Hills, BC: 2020 Teck BC Cup #1 Media Release

Larch Hills Hosts Teck BC Cup #1

January 5, 2020

FOR IMMEDIATE RELEASE



1. A group of three Telemark skiers pass through the lap lane (Caitlyn Michael/292, Camille Hanry/293, Kendra Shaw/287)

(Larch Hills, BC) - The Larch Hills Junior Race Team (<https://www.larchhillsskiteam.com/>) and the Larch Hills Nordic Society (<https://skilarchhills.ca/>) hosted the 2019/2020 season's first event in the Teck BC Cup series at Larch Hills this weekend. This event ran January 4th to 5th, 2020 and included an interval start sprint qualifier followed by Kings Court or elimination format sprints on Saturday, and an interval start free technique event on Sunday. Clubs attended from all over BC as well as Alberta, Ontario, Quebec, Oregon and Norway. Distances varied from 150m sprints and 1km distance events for the youngest athletes and up to 800m sprints and 10.5km events for older competitors.



2. Maggie Beckner leads a group of U18 Girls at the start of a semi-final heat

While the sprint racing on Saturday was exciting and the athletes were challenged by multiple loops of a tough course on Sunday - the big story of the weekend was the weather. The week leading up to the Teck BC Cup #1 brought a lot of snow, rising and falling temperatures and wind. Over 10,000 homes in the Shuswap were without power for hours or days, including our own newly expanded chalet at Larch Hills. The heavy snow combined with winds brought down hundreds of trees on the trails at Larch Hills, and volunteers scrambled to clear the trails required to run the events for the BC Cup in time. On Friday, January 3rd, BC Hydro closed Edgar Road to restore a power line cutting off access to Larch Hills the day before the races were set to start, further complicating the weekend if power (and water) couldn't be restored to the chalet in time for the event. Cross country skiers, however, are nothing if not determined – and this weekend proved to be no exception! The road was cleared on Friday afternoon and power restored and everything fell into place – masking the huge amount of effort Larch Hills' volunteers did to ready the trails and put on an event that saw approximately 500 skiers take to the trails.



3. Eloïse Akins (126), Etoile Brown (123) and Ember Smith (121) battle for the lead in Final 2 for the U12 Girls

Saturday started off with grey skies and a light flurry of snow that had waxers pausing to see what would happen, but the snow quickly stopped, and temperatures hovered just below zero. At 9:00am the first skiers were off, starting with the U8 and U10 boys and girls doing 150m and 200m courses using classic technique. Two Para Nordic athletes were next, also completing the 200m sprint course. Following that, the various age categories worked their way up in distance, finishing up with the 800m course for the master's men and women. Following the qualifiers, athletes receive new bib numbers that rank them according to their speed in the qualifier. Groups of 2 to 7 athletes are then put into a group that all sprint together for the finish line on the same course as the qualifier. All racers in an age group run through one group sprint, and then race officials reset the order and then all race again 2 more times, for ages up to U14 (13 years old). This format, called 'King's Court', allows all younger racers to race multiple times giving them more experience racing and ensuring younger skiers and their families aren't quickly eliminated after a potentially long journey to the Teck BC Cup race. U16 skiers and older proceed from qualifiers into an elimination format, which helps keep the skiing to daylight hours. These older skiers are guaranteed one group sprint before being potentially eliminated from further semi-finals and finals. Saturday's races were very exciting, and many races end in a photo-finish given the short distances and tough competition.



4. Kaden Baum double poles towards the finish in the Para Nordic Youth category

Sunday's race is much simpler and consists of an interval start free technique race. For most competitors this means switching to longer poles, more supportive and stiffer boots and shorter skis with no grip zone. Athletes ski on groomed trails ranging from a single lap of a 1.0 km course for the youngest skiers to three laps of a tough 3.5 km course for the oldest. This year's course was like the courses used last year for the BC Championships and except for the youngest skiers includes finishing or lapping up the 'Beast' – a tough hill leading up to the finish line.

The full results are available at zone4 (at <https://zone4.ca/event/2020/87369864/>), but most impressive is the number of clubs that managed to place in the top five in various categories. 17 clubs had finishers in the top three in at least one category.

The following five clubs topped the list in terms of top five finishes:

- Larch Hills Nordic Society: 86
- Sovereign Lake Nordic Club: 58
- Revelstoke Nordic Ski Club: 42
- Telemark Nordic Club: 38
- Hollyburn Cross Country Ski Club: 28

Tech BC Cup #1 is the first in a series of three weekends of racing, culminating in the final Teck BC Championships. The next race in the series will be in Prince George, February 1-2 and the final Championships will be hosted by Telemark Nordic in Kelowna, March 6-8.

The Larch Hills Junior Race Team would like to extend a warm thank you to all the event sponsors, Teck Resources Limited, the volunteers, athletes and Cross Country BC in making this event possible. For more information please contact Cross Country BC or Brad Calkins with the Larch Hills Jr Race Team:

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Cross Country BC (CCBC), the provincial sport governing body for cross country skiing in British Columbia, is a not-for-profit, club-based organization of more than 18,000 members. CCBC offers programs and services to support the continuous development of cross country skiing for all ages and abilities, from introductory experiences to international excellence.

Teck Resources Limited is the title sponsor of CCBC's Skier Development Program, thereby supporting excellence in sport and providing youth with experiences that will help them prepare for the future. For more information on Cross Country BC, please visit www.crosscountrybc.ca.



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