



## BC CUP RACING EXCITEMENT TO HEAT UP STAKE LAKE SKI TRAILS

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Kamloops, BC - Preparations are well underway at the Stake Lake Ski Trails for the return of the Teck BC Cup ski competition scheduled for February 5 - 7, 2016. Overlander Ski Club(OVSC) Race Committee and a team of volunteers are working hard to prepare an exhilarating cross country race event.

**SATURDAY February 6th INTERVAL START FREE TECHNIQUE - 11:00 AM**

**SUNDAY February 7th MASS START CLASSIC TECHNIQUE - 10:00 AM**

Event organizers expect over 300 or more cross country enthusiasts to register for the events each day. Atoms to Masters racers will be sure to inspire the athlete in all of us as they compete for individual and team points in this premier provincial series. Novice to Advanced racers are invited to participate.

Registration is now being open on [www.zone4.ca](http://www.zone4.ca) or find more information [www.overlanderskiclub.com](http://www.overlanderskiclub.com) In Tournament Capital fashion a number of local sponsors have stepped forward to provide excellent prizes, refreshments and accommodation specials for the 20 or more ski teams expected to travel to Kamloops from throughout BC for a weekend of racing and fun.

Just 20 minutes south of the city on the Lac Le Jeune Road, the OVSC welcomes athletes, coaches, officials and curious sports fans to enjoy all the action on the Family Day long weekend in February. Facilities at Stake Lake include a variety of trails for novice or experienced cross country skiers, large parking area, indoor washrooms, warm log lodge as well as snowshoe trails and some equipment rentals. A short ski or walk along the beautiful lake side trail will bring visitors to the stadium; the heart centre of the events, where cheering and bell ringing will be encouraged. Feel the energy of endurance athletes as they burst off the start, race through the lap lane and charge toward the finish line in a blaze of colour and breathless exhaustion. Distances vary from just under 1km to 15km depending on age categories and the technique of the day. For further details [www.overlanderskiclub.com](http://www.overlanderskiclub.com) BC Cup race notice. Awards will be presented at the stadium following each day of racing. The Art We Are Artisan Market and Cafe will be on site providing refreshments. Please be bring cash for concession.

The 2016 Teck BC Cup series kicked off at Sovereign Lake Nordic Centre January 9 &10th, Kamloops will be host city February 5th -7th to the second set of races and the BC Championships will be held March 4-6 in the Callaghan Valley at Whistler Olympic Park.

Crosscountry 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 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](http://www.crosscountrybc.ca)

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