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Cross-country skiers enjoy Teck Regional Snow Camp



Conditions were excellent for the Teck Regional Snow Camp at Mount Washington Alpine Resort. — Image Credit: PHOTO SUBMITTED



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by [Contributed - Comox Valley Record](#)
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The snow was abundant (finally) and the sun was shining; perfect conditions for a Teck Regional Snow Camp at Mount Washington.

From Dec. 28-30, over 50 racers, ages 8-19, joined the host Strathcona Nordic Ski Club in the fun and games. Activities included technique sessions in both classic and skate techniques, the annual team relay race and the always exciting skiathlon event.

The relay race saw younger racers teaming up with older racers and attempting to complete the most number of laps (on two separate courses) within 30 minutes. The skiathlon event was a great opportunity to put both techniques into practice as well as work on speed through the transitions.

The camp also included a racer and family potluck and social at the Vancouver Island Mountain Sports Centre to celebrate the abundance of snow and great conditions, welcome new racer families to the club and to enjoy some holiday treats and good laughter with friends.

"Many thanks to all the volunteer coaches for your hard work and dedication to the race team programs and to all racer families for your continued support and commitment to the club," an event spokesperson said. "Thank you also to Teck Resources Limited for making this camp possible."