

Recent Teck Regional Camp a Success Despite Forest Fires

(WHISTLER, BC) - Athletes and volunteers had a great time at the recent Teck Coast Regional Camp which took place in Whistler last weekend. Earlier in the week there was a possibility of the camp being cancelled due to poor air quality, as smoke from the forest fires in Pemberton drifted down to Whistler. This had caused an extreme air quality warning which making outdoor activities impossible. Luckily the air cleared by Friday morning, allowing up and coming skiers from the region to get out and train!



Stretching for the weekend's activities

Some of the older athletes got a head start on the camp by doing a long uphill hike in Squamish and then riding down the Sea to Sky Gondola. After a swim in Alice Lake, it was on to Whistler where the rest of the group joined them Friday evening. Over the weekend the athletes did roller skiing, a tree top ropes course and a long run on beautiful alpine trails.



The high ropes course was a blast!

Hollyburn Cross Country Ski Club Head Coach, Jake Weaver, couldn't be happier with the outcome of the weekend: "This camp was a great way for the athletes to refocus for their summer training and to have a lot of fun with their friends. The highlight for me was seeing the athletes improve on the roller ski agility course which we had set up at Whistler Olympic Park."

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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 for the future. For more information on Cross Country BC, please visit www.crosscountrybc.ca.



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