

**MORE THAN 6,000 PEOPLE WILL READ  
THE REVELSTOKE CURRENT THIS WEEK.**

Click to send us an e-mail

**WHY ISN'T YOUR AD HERE!**

Click to send us an e-mail



[Subscribe to News](#) [Subscribe to Comments](#)

- [Home](#)
- [News](#)
- [Community](#)
- [Sports](#)
- [Business](#)
- [Arts](#)
- [Environment](#)
- [Education](#)
- [Op-Ed](#)
- [Marketplace](#)
- [Today](#)

## Nordic Ski Club hosts Teck BC Cup race weekend

Posted by [editor](#) on January 22, 2015 · [Leave a Comment](#)



Mass start skate skiing races are a lot of fun to watch but nerve wracking to participate in. Zoya Lynch photo courtesy of Sarah Newton

*By Sarah Newton*

Close your eyes and imagine this: You are in a ski race with lungs about to burst, heart racing so hard you can feel it busting out of your rib cage, and muscle failure looming from every appendage. Now imagine whipping around the last downhill corner using all your strength to hold onto the mountain in an effort to maintain your speed for the last uphill to the finish line. Your entire weight is flying down the trail at close to 40 km/h and what are you depending on? Your trusty race skis of course, great news except when you consider that your skis are only 6 centimetres wide and have no metal edges to hold you upright, and heck, no real ankle support to speak of either!

Welcome to the wild and outrageously physically taxing world of cross country ski racing. A sport not for the weak of mind or body. And this increasingly popular sport is coming to town. This weekend marks the biggest event of the year for Revelstoke Nordic Ski Club. The group is hosting a Teck BC Cup race weekend that will see approximately 300 skiers of all ages and from as far away as Australia. Yes, that is not a typo- the Australian ski team is in Canada training and racing for part of this season. This weekend they will have stiff competition from BC athletes, many of whom dominated the podium last weekend at the Western Canadian Championships in Canmore, Alberta.

Our race weekend will have almost as many volunteers marking sure events run smoothly. Saturday's classic events are interval starts, with the first skiers off 11 a.m. and Sunday the mass start skate races begin at 10 a.m.

Watch out for the locals! There are plenty of Revy athletes waxing up their skis and taking their place on the start line: the Revelstoke Nordic Ski

Team has almost 60 athletes registered to race.

**Users of the MacPherson parking lot and trail system please take note that the parking lot will be full, but there is a free shuttle from the feed store (on Hwy 23 South and TCH), also be advised that the best time to go cross country skiing on the weekend is after 2 p.m. when most of the races will be over for the day.**

For more information visit [www.revelstokenordic.org](http://www.revelstokenordic.org).

**Share and Enjoy:**



Filed under [Community News](#), [Front Page](#), [Gallery](#), [Sports](#) · Tagged with

**Speak Your Mind**

Tell us what you're thinking...  
and oh, if you want a pic to show with your comment, go get a [gravatar!](#)

You must be [logged in](#) to post a comment.

- 

Revelstoke Mountain Resort



runs open  
41 of 41  
Last 48 hours

1°C

Follow us on Facebook



Follow @revelstokecurre

- Search for:



- 



- 

**Recent Posts**

- [A chuckle a day...](#)
- [Students to benefit from mobile technology](#)

- [Grant-writing workshop coming up on Feb. 22](#)
- [A moment of generosity...](#)
- [MLA Report: How to ensure a dam never fails](#)
- [EZ Rock's Mayor's Report for January 23 is now online](#)
- [Student nurses raising tobacco awareness for National Non-Smoking Week](#)
- [Obituary Notice — Wayne Wood](#)
- [The 5-Minute City Council Report is now online](#)
- [Nordic Ski Club hosts Teck BC Cup race weekend](#)

## • **Recent Comments**

- David R Pacey on [City urged to confront the issue of hoarding](#)
- evel on [Grins 'n' Gripes — If you've got 'em, please share 'em](#)
- fred mayert on [Muffins for Granny simply must be publicly shown again](#)

## • **Obituaries**

### **Archives**

- [Home](#)
- [About Us](#)
- [Advertise](#)
- [About This Site](#)
- [Contact Us](#)
- [Obituaries](#)

Copyright © 2015 Revelstoke Current · Site Design by [Rev Software](#) · [Log in](#)