



Teck Coast Cup # 3 - hosted by Spud Valley Nordics



On Sunday, January 31, 2016, the Spud Valley Nordic Ski Club of (Pemberton) hosted Coast Cup # 3, one of three Teck Regional Cup Series races held at the Whistler Olympic Park this season. The 260 skiers in the race ranged in age from 4 to 65, and represented seven different clubs from the Coast Region - Hollyburn Cross Country Ski Club (Vancouver), Sea To Sky Nordics (Squamish), Strathcona Nordics (Vancouver Island), Spud Valley Nordics (Pemberton), Whistler Nordics (Whistler), Nordic Racers (Vancouver) and the UBC Nordic Ski Club (Vancouver). The field of racers even included athletes from Norway who are currently attending local schools as exchange students.

For most of the participants the race was a Team Sprint Relay. In this format each team (two person teams) skis three legs alternately; sprinting distances ranging from 100 meters for the Peewees, to 1000 meters for Open Men. Meanwhile the 48 Atoms registered in the event (the youngest category) took part in a 300 meter Mad Dash. The weather for the day made for challenging skiing, with lots of heavy snow falling all

morning. But neither the wet snow coming down nor the thick blanket of snow throughout the course could dampen the excitement and enthusiasm displayed by both the racers and spectators.

The race results can be found on the Spud Valley Nordics website at:

www.spudvalleynordics.com

Many thanks go out to the 45 volunteers from the four clubs in the Sea to Sky Corridor helped with this event. A race such as this would not have been possible without the efforts and stamina of these individuals. All volunteers left with a bag of the well known Pemberton spuds.

Spud Valley Nordics would also like to thank **Teck Resources Ltd.** for sponsoring this event and providing medals and ribbons for all categories from Atoms to Juveniles.

Cross Country BC, the provincial sport governing body for cross-country skiing in British Columbia is a non-for-profit, club-based organization of more than 16,000 members. Cross Country BC 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 Ltd. is the title sponsor of Cross Country BC'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.



