



Teck Regional Fall Dryland Camp – Kootenay Region

Dates: September 26-28, 2014

Host Club: Kimberley Nordic Ski Club

Location: Kimberley Nordic Centre trailhead, Kimberley, BC

Accommodation: Please feel free to bring your camping trailers. You may also bring a tent and camp at the trailhead. We will have access to the Nordic Hut all weekend to use the facilities (washroom and kitchen). Also, there is the option of renting a condo from Kirkwood Inn West (conveniently located right next to the trails).

Camp begins: 6:00pm Friday September 26th

Tentative schedule:

Friday evening: Short run and core. 6:30-7:30

Saturday morning: Classic rollerski on “Rails to Trails”. 9:30-11:00

Saturday afternoon: Bike to Cranbrook (and back) or skate rollerski on “Rails to Trails”.

Sunday morning: Core and strength, followed by a run/hike up Pyramid Creek trail (about a 45 min drive). 8:30am – 1:30pm

Camp ends: Early afternoon Sunday September 29th

Please bring:

- Camping equipment (tent, mattress, sleeping bag, etc.), including for cooking and eating (plate, cup, cutlery)
- Roller skis, poles, ski-striding poles, boots, helmet, reflective vest, gloves and sunglasses
- Roller blades if you don't have roller skis
- Suitable clothing for all types of weather – sunny, wet, warm, cool, cold (expect frost in the a.m.)
- Running shoes or hiking boots, water bottle, and water-bottle holder
- Food for Friday evening, Saturday breakfast and lunch, and Sunday breakfast and lunch. We will provide Saturday supper plus drinks and snacks

Camp cost:

Cost is \$30.00/athlete. If parents and other family members wish to share in the Saturday supper, the cost is \$15.00/person. Please make cheques payable to “Kimberley Nordic Racers”.

For more information, please contact **Paul Freeze** at oldsquidge@yahoo.ca

Registration: [Here](#)