

Coast Cup



Teck

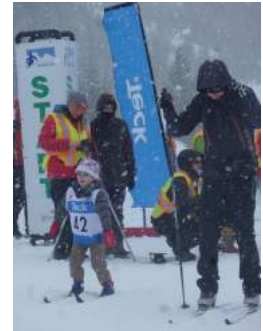
TECK COAST CUPS 4 & 5 2016

February 17, 2016

FOR IMMEDIATE RELEASE

(Mount Washington, Campbell River and Courtenay, B.C.)

The Teck Coast Cups 4 & 5 were held this weekend, February 13th & 14th, at Mount Washington Alpine Resort, **Raven Lodge Nordic Centre**. With Hollyburn, Whistler Nordics, Nordic Racers & Spud Valley joining local host club Strathcona Nordics there was plenty of excitement.



Host club Strathcona Nordics posted the most entries & showed especially strong performances in the Midget & Juvenile categories. Visiting clubs held their own (photo R. with Hollyburn athlete in the lead), sharing in the medal haul and showing enthusiasm, making for a great event.

a testament to the hardiness of cross-country skiers, good results were still achieved.

Racers & volunteers in Saturday's classic interval start braved tough waxing and racing conditions due to the sticky snow & driving sleet. But, in



Over Saturday's classic 7.5 km women's race, Freya Wasteneys (SNSC Campbell River athlete based in Vancouver) (photo R.) and Marilyn Atkinson (SNSC Courtenay) posted very close times in the Open & Masters women's categories respectively while in the 10 km distance Junior Boy, Tallon Noble (SNSC Courtenay), (photo L.) raced up in the Junior Men's Category posting the fastest time for the classic 10 km distance above Masters Men 2 winner, Dave Damery (SNSC Courtenay) & Masters Men 3 winner, Geoffrey Wasteneys (Nordic Racers Vancouver).



Geoffrey Wasteneys (Nordic Racers Vancouver).

On Sunday, despite rain & fog below, participants enjoyed warmer & clearer weather, albeit tempered by soft snow for the racers, slowing the times for the free technique mass start. Freya Wasteneys again posted the fastest time by a significant margin over the 7.5 km distance for all female categories. In the 10 km, Masters Men 2 & 3 racers Neil Holm (SNSC Courtenay), Dave Damery (SNSC Courtenay) & Geoffrey Wasteneys (Nordic Racers Vancouver) (middle, photo R.) posted the top 3 times overall.



In the younger categories, Emmy Stapff (SNSC Campbell River) won the Midget Girls on both Saturday & Sunday while Madeleine Guimond (SNSC Courtenay) won the Junior Girls both days. In the Juvenile Boys, Ross Lamon (SNSC Courtenay) won on Saturday but cooled his engines on Sunday in preparation for his NorAm race in Prince George this upcoming weekend. Matthew Salmon (SNSC Courtenay) (photo R.) showed fine form & competitive spirit by taking advantage to win the category on the second day after a 2nd place behind Lamon the day before.



A highlight was seeing the happy faces of the “Rabbit” competitors many of whom were racing for the first time. Teck participant ribbons, placing ribbons & medals were given to the younger participants while the local club supplied medals to the winners of the older categories.



The weekend's races also provided the opportunity to name the Aggregate winner of the Teck Coast Cup Series. Overall Teck Coast Cup Winner Hollyburn Ski Club (Vancouver) (photo R.), showed the importance of Rabbit participation & youth development while Strathcona Nordic Ski Club (host of the Teck Coast Cups 4 & 5) came in second place in this regional series sponsored by Teck.



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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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