

Teck Regional Fall Dryland Camp (Coast): Rain Won't Stop Us!

FOR IMMEDIATE RELEASE
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CAMPBELL RIVER, B.C. – 40 cross country skiers, 8 to 17 years old, headed to Miracle Beach from September 14th to the 16th for the Teck Regional Fall Dryland Camp (Coast). The regional dryland camp was anything but dry! Wow, did it rain! That didn't deter this hearty group from a weekend of great training and lots of fun!

Activities included a double pole time trial, roller ski agility, strength and agility, forest games and runs and a mixed team event featuring puzzle building, twister, a nuts & bolts relay and a running on skis relay.

A huge thanks to Teck Resources Limited, our coaches and parents and to ReMax Campbell River and Thrifty's Campbell River for their support in making this camp fun and pretty dry (all things considered) under a sea of tents and tarps.





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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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