

Coast Cup



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Hollyburn Aggregate Winner in Teck Coast Cup Series Stellar Race Results for Strathcona Nordics at Teck Coast Cups 3 & 4



Boys lining up for Teck Coast Cup. PC: Sophia Sauter

The 2019 Teck Coast Cup Series (a cross country ski race series) wrapped up on March 8th and 9th at Mount Washington. The event was hosted by under bluebird skies and with perfect track conditions by the Strathcona Nordic Ski Club.

Out of six coastal cross country ski clubs, the Strathcona Nordics finished second in aggregate points (behind North Vancouver's Hollyburn) for the Coast Cup Series sponsored by Teck Resources Limited. Other clubs attending the races include the Spud Valley Nordic Ski Club (Pemberton), Whistler Nordic Ski Club and Sea to Sky Nordic Ski Club (Squamish).

"This event is a wonderful reflection of the success of our racing and recreational ski programs. We have a team of hard-working volunteer coaches and parents, making cross country skiing a joy for participants of all ages, and a sport for life," remarked Chief of Competition and past club president Len Apedaile.



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The annual Vancouver Island Loppet, a fun, community-oriented participation event was also held on March 9th

On day one, Coast Cup #3 consisted of a team relay featuring bumps, sharp corners and steep banked turns. Relay teams of two skiers completed three laps each on the fun but challenging course. Strathcona Nordic teams swept the podium in many of the categories offered.



Madeleine Guimond (SNSC) in Teck Coast Cup at Mount Washington this weekend. PC: Kurt Galik



Female Overall Winners of the Vancouver Island 30 km Loppet with their cheese from Natural Pastures. (L-R) Anna Chatterton (SNSC) 2nd; Lisa Helmer (Spud Valley) 1st; Jessica Heyes (Hollyburn) 3rd. PC: Cheryl Chatterton



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The Coast Cup #4 on day two was a skate technique mass start distance race.

Congratulations to all racers who chose to enter the races over the 2-day weekend. With the Teck Cup series focussed on younger racers, the Vancouver Island Loppet challenge on day 2 provided opportunities for older racers to show their stuff. The 15 km and 30 km courses provided a tour of the beautiful and extensive trail network on Mount Washington. Kudos to all participants.

Full race results for the Teck Coast Cups 3 & 4 and the Vancouver Island Loppet can be found on Zone4 at <https://zone4.ca/event/92ba78b0-413a-11e9-b92f-0aeb589356e8/>.

For the first time, the club utilized the GoChip timing system, in which each racer wears an ankle bracelet with an active transponder chip that records the racers' times when they pass over a wire loop buried in the snow at the finish line. "The new timing system streamlined the race timing exceptionally well" commented Esther Guimond, Chief of Timing. She added, "All events were a great success and were enjoyed by all participants."

The Strathcona Nordic Ski Club is grateful to Mt. Washington Alpine Resort for providing course grooming, logistical support, discounted tickets and draw prizes for these major ski races. The club also thanks the many sponsors who donated draw prizes, including Strathcona Park Lodge, Ski Tak Hut and Natural Pastures Cheese Company.

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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