



### Team Sprints for Coast Cup #3

On Saturday, February 8th, the Spud Valley Nordics (Pemberton, BC) hosted the 3rd Coast Cup of the 2019-20 Teck Coast Cup Regional Series. The event was held at Whistler Olympic Park in the Callaghan Valley. There were 124 athletes racing, ranging in age from 5 to 50+. The athletes were from five clubs - Hollyburn Cross Country Ski Club, Sea To Sky Nordics, Spud Valley Nordics, Whistler Nordics and Nordic Racers – plus a team from UBC.

The racers took part in team sprints, where each team of two did three legs alternately; sprint distances ranged from 100 metres for the Under 10's, to 1000 metres for Open Men & Open Women. They raced in warm and sunny weather which was a nice change from the freezing cold temperatures of the days previous. The race results can be found on the Spud Valley Nordics Website: [www.spudvalleynordics.com](http://www.spudvalleynordics.com)



The energy and expertise of the 30 volunteers coming from all the participating clubs in the Sea to Sky Corridor made this event the success that it was. All volunteers left with a bag of the well-known Pemberton spuds. After taking a leave of absence for the past three years, Spud Valley Nordics was pleased to be able to host the Team Sprints once again. And, seeing the many smiling faces both in the exchange zone and crossing the finish line was all that was needed to convince our club that this must be an annual event.

The title sponsor for the Teck Coast Cup Team Sprints event was Teck Resources Limited. They provided medals and ribbons for all categories from Under 6 to Under 16.

Nesters Foods in Whistler provided all the food for the finish line refreshments and the lunches for both racers and volunteers.

For more information, please contact:

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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](http://www.crosscountrybc.ca)*

