

December 18, 2012

## Striding and Gliding

After an extended preseason wait snow our snow prayers have been answered with an abundance of early season snow. Both Whistler Olympic Park and Lost lake are now open and both have excellent mid season conditions. Along with the early snow has come a number of early season races... scary how they sneak up on you. You can train all you want but its still a shock to the system. Whistler Nordics participated in both the local Teck Coast Cup event at Whistler Olympic Park and ventured into the interior for the first BC Cup at Sovereign Lake. The Coast Cup was our usual early season opener but the Sovereign Lake event was a first for many of the racers. In hindsight it is probably the biggest event of the year for many of the racers, except for Nationals. Clubs from all over BC, Alberta and many from Ontario travelled to Vernon for the early season snow.



Many familiar faces but more importantly a number of new faces on the podium this year... a good omen!

The Coast Cup was a skate race with modest distances, but the BC Cup was the real deal with a classic race on the Saturday and a skate race on the Sunday. For some categories the distances were double the distance they had raced in past and a harsh early season reminder that this sport is hard.



The ouchy mama factor was very high! The longer distances and high elevation were also a big factor for some, however, the real eye opener was the competition from Alberta. The early season advantage for some racers who had been on snow for almost two months was very apparent and had a lot to do with who had mid season form and who was still ramping up. The encouraging part for Whistler Nordics is that we generally had good results and many racers showed good progress from last year and even a few having breakthrough races.



Killing it on the course!



Winning it in the results!

