

**Regional Camp
Okanagan**



Teck

Teck Regional Fall Dryland Camp #2 (Okanagan Region) *A Revelstoke Adventure!*

**FOR IMMEDIATE RELEASE
September 24th, 2020**

Revelstoke, BC – Revelstoke Nordic Ski Club played host to 43 athletes from Kamloops, Salmon Arm, Vernon & Revelstoke, over the course of two, one-day, Teck Regional Fall Dryland Camps this past weekend.

Athletes met Saturday morning at the Macpherson Nordic Lodge. The young guns ventured to the famed Blanket Creek roller ski obstacle course, while the older athletes left from the lodge to work on technique and speed.

After lunch at the lodge, athletes and coaches tested their skills around Revelstoke's newest Frisbee golf course, followed by a ski striding technique session. The final event of the day was a combined orienteering and strength activity, touring amongst the many mountain biking and cross country ski trails at Macpherson.



On Sunday, athletes left from the Nordic Lodge on an adventure run/hike, venturing into some lesser known trails and ascending to capture views across the valley.

Thanks to all the athletes for their enthusiasm and energy and to the parents for their support and coaching prowess. As always, thanks to Teck Resources Limited for their ongoing commitment to our Regional Camp programs.



For more information, please contact:

Cross Country BC
Cherielle Goad
adcoord@crosscountrybc.ca

Revelstoke Nordic Ski Club
Matt Smider
coach@revelstokenordic.org

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 future.

For more information on Cross Country BC, please visit www.crosscountrybc.ca.



Teck

