

Teck Regional Dryland Camp (Coast Region) *Cheered on by Swedish Athletes!*

**FOR IMMEDIATE RELEASE
September 29, 2022**

Whistler, BC – The 2022 Teck Regional Dryland Camp (Coast Region) took place September 23 to 25 in Whistler. Almost seventy athletes from the Hollyburn, Sea to Sky and Whistler Nordics clubs gathered at the Whistler Athlete Centre, for a fun filled weekend of roller skiing, running and fun outdoor games! The beautiful sunny weather definitely made it easy for everyone to enjoy the weekend.

Some of the older athletes started their training on the Friday, with a roller ski up the road to Whistler Olympic Park. On the Saturday, it was the younger athletes' turn to practice their roller ski skills, moving from one technique station to another. It was great to see everyone do so well, as they were also cheered on and instructed by visiting Swedish athletes! This was followed by an orienteering challenge, which highlighted teamwork and camaraderie.



On Sunday, some of the older athletes, joined by BC Ski Team and UBC athletes completed the Garibaldi traverse, which is a 25km point to point trail run from Rubble Creek to Cheakamus Valley past Black Tusk. Congratulations to everyone on a very successful mountain adventure! It was such a hot day that many runners were glad to jump into Helm Lake! Turns out the water was pretty cold! The younger athletes also ran a beautiful 7-10km loop along the Crater Rim and Ridge trails, to Loggers Lake, located in Cheakamus Crossing, right behind the Athlete Centre.



It was great to see the kids finish their weekend with big smiles on their faces! New friendships were made, and excitement for the upcoming snow season was definitely palpable. Thanks to all the athletes, the incredible team of 25 coaches and parent volunteers, Whistler Athlete Centre, Whistler Olympic Park, Cross Country BC and Teck Resources Limited for their support of these Regional Camps.



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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 27,000 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.



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