

**Regional Camp  
Okanagan**



**Teck**

## **Teck Regional Fall Dryland Camp (Okanagan Region)**

*New pavement, Ice Cream, New friends, Smiles and Memories!*

**FOR IMMEDIATE RELEASE**

**September 26<sup>th</sup>, 2023**

**Salmon Arm, BC.** The Okanagan Teck Regional Fall Dryland Camp was held at the Larch Hills Ski Area this year. It began on Friday evening with 68 athletes setting up camp for the weekend.

This was followed by a special watch party of the World Championship women's 10km skate race where Jessie Diggins won. Coach Glenn Bond pointed out the key technique points, then had the athletes pair up and work on body position.



By Saturday morning the rain stopped in time for the athletes to set out roller skiing on some new pavement – what a treat!

After roller skiing, everyone made their way to lunch at Farmer John's Market where the ice cream desert was a real hit.

Once back at the Larch Hills facility, teams were formed by mixing athletes from the various regional clubs, and everyone headed out for an



afternoon of Orienteering. Luckily most of the teams had returned to the day lodge before the rain started again!

After a delicious meal, the athletes gathered in the lodge to watch “Cool Runnings”, which had the them eating lots of popcorn and laughing hard. 😊

Sunday morning athletes took advantage of the beautiful single track that Larch hills has and headed out for casual trail run.

Overall, a fantastic weekend for everyone! A big thank you to all of the wonderful regional coaches and fantastic volunteers who helped make it a great success and a big thank you to Teck Resources Limited for supporting our regional camps.



For more information, please contact:

Cross Country BC  
Lindsey Olineck  
[adcoord@crosscountrybc.ca](mailto:adcoord@crosscountrybc.ca)

Larch Hills Nordic Society  
Glenn Bond  
[glenn\\_bond@me.com](mailto:glenn_bond@me.com)

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

