

**Regional Camp  
Northern**



**Teck**

## **Teck Regional Fall Dryland Camp (Northern Region) *Great Weather Makes for Great Training!***

**FOR IMMEDIATE RELEASE  
October 6<sup>th</sup>, 2020**

**Prince George, BC** – Caledonia Nordic Ski Club was pleased to host over 30 athletes from Prince George, Vanderhoof, Smithers and Williams Lake for the Teck Regional Fall Dryland Camp, September 25-27.

Athletes and coaches managed to pack yoga, ski striding, roller skiing and testing into the first two days. Wrapping the camp up on Sunday with an epic Single-Track Running Adventure for the younger athletes and a half marathon trail run along the Greenway Trail from UNBC to Otway for the older athletes.



Guest Coach Eric de Nys from Cross Country BC returned to his hometown to share his expertise with athletes and coaches alike. Great weather made conditions for camping and training absolutely perfect.





A big thank you to Teck Resources Limited for supporting the Regional Camps and to all the coaches and parents who worked together to make the weekend a huge success!

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 future.*

For more information on Cross Country BC, please visit [www.crosscountrybc.ca](http://www.crosscountrybc.ca).



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