

Nickel Plate set to host Okanagan Cup

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Nickel Plate Nordic Centre has nearly 200 skiers participating in the second race of the Okanagan Cup Sunday.

Jerome Jang, coach of the Nickel Plate Nordic Club and chief of competition, said the Okanagan is well represented with clubs from Kamloops, Salmon Arm, Revelstoke, Kelowna, Vernon as well as Methow Valley, Wash. It is a free skate technique race with distances of one-kilometre for five-year-olds, up to 15-km for adults. Jang said his group has been training hard and focusing on race strategy.

"I want them to have a good race plan before (this starts several days before with good nutrition, hydration and rest, and checking and preparing their equipment) then carry it forth with a good warm up," he said.

The preparation will help the skiers perform to their potential, while having a fun and a positive experience, Jang added.

Nickel Plate Nordic Club has 12 junior racers skiing, the younger ones will complete the 3-km loop, while five are competing in the 5-km loop and one racer tackles the 10-km loop.

At the first race in Revelstoke Dec. 29, Jang said the skiers improved from last year.

"Our team moved ahead both in terms of placing within their respective age categories as well as in time," he said.

The club has Rachel Shanner of Summerland attending the BC Winter Games.

Skiers are invited to come for the Nickel Plate Classic Loppet on Feb. 1 and stay for the free Technique Teck OK Cup 2 on Sunday. More info on both races can be found at www.nickelplatenordic.org/Races/races.htm

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