

## Local cross-country skier competing in B.C. Games



By Cranbrook Daily Townsman

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The Kimberley Nordic Club is sending one cross-country athlete to the BC Winter Games.

MacKenzie McLean headed off this week to Mission, B.C., to take part in her event.

McLean is 13 years old and said she is looking forward to the Games, which started on Thursday, Feb. 20.

McLean said she can't wait to ski the trails in Whistler and hopes to drag her coach along on the peak to peak trail, despite his fear of heights.

McLean has been training hard for the competition and said fitting training in has been a juggling act. On top of skiing, she also dances, orienteers and is active in Girl Guides, while also being on the distinction list at school.

Paul Freeze, who coaches the Junior Racing Program, said that McLean trains about 500 hours per year - which equates to roughly an hour and a half per day with one day off per week.

He said that training starts in May and goes to the end of March. Over the summer months, training includes running, roller skiing, hiking, strength, while winter training is primarily skiing.

As for whether she is ready for the games, Freeze said she is.

"The competition will be familiar to her, she has competed against the same girls for the last several years," he said.

McLean has been skiing competitively since 2009 and this will be her eighth race this year. In March, she will be competing in Cornerbrook, Newfoundland for Nationals.

As of the end of January she has the highest points on the distance CCP points list for birth year 2000 in Canada.

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