



Kootenay Skiers Wrap Up High-Energy Teck Fall Dryland Camp in Kimberley

FOR IMMEDIATE RELEASE

KIMBERLEY, BC October 8th, 2026.

Over the weekend of October 2–4, 2026, 54 young cross-country skiers from across the Kootenays gathered at the Kimberley Nordic Club (KNC) for the annual Teck Regional Fall Dryland Camp. Hosted in partnership with Cross Country BC (CCBC), the weekend provided young athletes with an opportunity to build endurance, refine technique, and make new friends and solidify relationships ahead of the upcoming winter season.

The three-day camp welcomed athletes aged eight and up to train on the unceded homeland of the Ktunaxa Peoples. Guided by KNC coach Geoffrey Richards and CCBC Development Squad coach Adam Elliot, alongside 15+ dedicated volunteer coaches, participants engaged in a diverse schedule of cross-training activities designed to build enjoyment, strength and agility.

"Our goal for the dryland camp was to bring the regional skiing community together, build foundational fitness, and have a lot of fun on and off the trails," said Geoffrey Richards, Junior Development Coach at KNC. Highlights of the warm and sunny weekend included:

Roller Skiing & Time Trials: The younger athletes practiced classic and skate roller skiing along the 'Rails to Trails' and around the community. In addition to that they also tackled a technical obstacle course. At the same time athletes aged 13 and older tested their pace in a skate time trial.

Dryland Training & Games: Participants built cross-country specific strength during indoor and outdoor activities, paired with team-building games and orienteering.

Community Camping & Dinners: Many athletes and their families camped on-site at the KNC stadium and enjoyed time together around the campfire.



Families gathered at the lodge for communal dinners on Friday and Saturday evening, sharing meals cooked with love by KNC parents and the Healthy Kimberley Food Recovery Meal service.

With dryland training complete, athletes in the Kootenays are ready to transition to the snow as the winter race season approaches.

The event was made possible through the support of title sponsor Teck, host organization Cross Country BC, volunteer coaches, and our community for ensuring safe trail sharing along local routes.



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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 22,000 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 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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