

# Northern Cup



# Teck

Caledonia Nordic Ski Club Hosts  
Teck Northern Cup 1&2  
December 21, 2022  
For Immediate Release

**CALEDONIA**  
N O R D I C • S K I • C L U B

## PLUNGING TEMPERATURES DIDN'T STOP NORTHERN SKIERS

Cross-country ski racers aged 7 to 65 from Smithers, Houston, Vanderhoof and Quesnel braved the brisk winds and cold temperatures to join their friends and competitors in Prince George for the first Teck Northern Cup of the season on December 17<sup>th</sup>. The course conditions were in world-class shape and plunging temperatures did not stop 130 volunteers from bundling up to support 106 racers.

The bright blue skies were the perfect backdrop for skiers to challenge distances up to 5.0



km in the classic technique, interval start race. The race was originally planned as a sprint race, but organizers had to pivot to a race format that would reduce the amount of time for volunteers and racers in the frigid conditions. 106 racers turned to 51, and the beep clock signalled the first starter to leave the gate!

The cold temperatures made the snow crystals sharper and therefore slower, so athletes worked harder and smarter to get the most glide from their skis. Some athletes wore masks to help protect their lungs by warming and humidifying the cold, dry air. As racers lunged across the finish line,



volunteers were ready with blankets to bundle them up while they gulped down a recovery snack, before heading for shelter. The U12 and younger skiers let out a roaring cheer when the announcement came that they could



race in the afternoon. Unfortunately, the second day of racing was cancelled, as temperatures dropped below -20 C and then -40 C!

The Teck Northern Cup races have always been an integral part of helping young skiers discover the thrill of racing in a fun low-pressure environment. Northern BC's race teams used this weekend's event to help both skiers and waxers prepare for the race season ahead, while recreational skiers pushed themselves against the clock or just enjoyed the trails under the brilliant blue sky. The Caledonia Organizing Committee was able to fine-



tune their skills and equipment in preparation for the Nordiq Canada Selection Trials and Nordiq Cup to be hosted January 18 to 21, 2023 and the Biathlon BC Cup, which will unfold on February 24 to 26, 2023. For more information about upcoming competitions, visit

[www.caledonianordic.com](http://www.caledonianordic.com) and click on Events!







It takes a community of volunteers, athletes, sponsors, coaches, club members, friends, employees and families to make events like this one a success! Thank you to everyone! See you on the snow!

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 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).*



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