

# Kootenay Cup



# Teck

## TECK Kootenay Cup #5&6 hosted by Castlegar Nordic Ski Club



**For Immediate release  
March 11, 2026**

Racers, coaches, volunteers and cross country ski enthusiasts gathered this past weekend at the Paulson Nordic Ski Trails to take part in a 'first in long while' Teck Kootenay Cup ski race. The Castlegar Nordic Ski Club is proud to have been asked to once again open our trails and host participants from across the Kootenay's for a weekend of ski racing. Skiers came from Castlegar, Rossland, Nelson, Grand Forks and Nakusp on a sunny weekend to tear around our lake side sprint courses and enjoy fast classic tracks on our historic trail network.

Saturday, March 7 was the sprint competition day with skiers in all age categories taking part in the King's Court race format. The sprint courses ranging from 50m to 1000m were set up along the side of scenic Mud Lake, and with the start and finish lines set up on either side of our spacious stadium venue it made for a well organized, exciting and challenging day of racing. Adding to the excitement was anthemic music along with colour commentary from our amazing announcer.



Sunday, March 8 was the classic technique competition day and where the heart of our club truly lies. The race courses followed along the oldest parts of our trail network including Booty's, Benshaw, Rosslund, Paulson, Trappers (Winterberry), and Pine trails. Course lengths ranged from 250m for the bunnies to 10km for the 18+ category. Again, the day was backgrounded by music, announcing, cheers and the ringing of cow bells!



As with many other ski events this year the changing weather conditions presented many challenges to the organizing committee and the grooming team, including the possibility of strong winds on the Sunday. Thankfully the sun shone and the winds held off until just after the awards ceremony and the handing out of the Teck Kootenay Cup Trophy and club aggregate banner. Congratulations to Black Jack Ski Club for hoisting the Teck Kootenay Cup this year!

The Teck Kootenay Cup would not be possible here or elsewhere without the legion of volunteers that stand behind each and every racer that crosses the finish line. The Castlegar Nordic Ski Club recognizes and is thankful for the effort, hard work and enduring commitment of our organizing committee, volunteers and staff. The club also recognizes Teck for their support of cross country ski racing and also thanks the local sponsors of this event for their generous support.



For more information, contact:  
Cross Country BC  
Jodi Romyn  
office@crosscountrybc.ca

Castlegar Nordic Ski Club  
Rolf Hartman  
cncs.office@gmail.com

*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 21,000 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. For more information on Cross Country BC, please visit [www.crosscountrybc.ca](http://www.crosscountrybc.ca).*

*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.*



**Teck**

