

**CAPITAL REGION TRAINING GROUP & ALBERTA WORLD CUP ACADEMY
FORERUNNERS FOR **SKI TOUR CANADA 2016 - CANMORE****



BULLETIN



Friday, March 1, 2016 – The Capital Region Training Group (CRTG) and the Alberta World Cup Academy are pleased to announce that on March 12, 2016, they will be joining some of the Alberta World Cup Academy athletes to be official Forerunners in the final FIS World Cup race of the season and the final race of the Ski Tour Canada 2016. The CRTG and Academy athletes will spend Friday, March 11 helping out in various roles “inside the fences” during the World Cup race being held that day. On Saturday, March 12, the athletes will suit up for their official forerunners duties.

About the Ski Tour Canada 2016 – FIS Cross-Country World Cup

For the first time in history, the world’s top athletes will meet in Canada for the marquee and culminating FIS World Cup competition of the year.

The *Ski Tour Canada 2016 – FIS Cross-Country World Cup* will feature four iconic Canadian ski destinations as host venues. The first week of racing will feature four stages in Quebec (Gatineau, Montreal and Quebec City), while the second week will feature the final four stages and awarding of the FIS crystal globes in Alberta (Canmore).

For more information on how you can enjoy the Ski Tour Canada experience, go to:

<http://skitourcanada.com/en/>

Help celebrate cross country skiing in Canada by following these races in the media and/or come make a trip to Canmore to cheer on the Canadian World Cup athletes as they represent their country.

MARCH 12 WORLD CUP FORERUNNERS:

ALBERTA WORLD CUP ACADEMY	
NAME	CLUB
Alex Stukator	Highlands Nordic
Delphine Duvernay-Tardif	Monteriski
Luke Gerwing	Edmonton Nordic
Fergus Foster	Big Thunder
Jack Carlyle	Soo Finnish
Dominique Moncion-Groulx	Nakkertok
AWCA MEDIA ENQUIRIES: Chris Jeffries: 403-679-1502 Email: cjeffries@albertaworldcup.com	

CAPITAL REGION TRAINING GROUP	
NAME	CLUB
ANDERS COWPER	ST. ALBERT NORDIC
LUKAS MARK	EDSON MUSKEG FLYERS
TOMAS MARK	EDSON MUSKEG FLYERS
TATE MACDONALD	EDMONTON NORDIC
SILAS LANG	EDMONTON NORDIC
LARKIN WASMUTH	FORT SASKATCHEWAN NORDIC
CRTG MEDIA ENQUIRIES: Glen Cowper: 780-868-1017 Email: qayaqski@gmail.com	

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BACKGROUND:

The Alberta World Cup Academy and the Capital Region Training Group have established a partnership to provide prospective athletes with a more diverse set of options as they consider their personal path to national and international excellence. The Alberta World Cup Academy consists of athletes from clubs across Canada that have decided to train full-time with their primary goal being to qualify for a National level team and/or international competition. The Capital Region Training Group consists primarily of athletes from central and northern Alberta who are training more part-time and are currently either going to school full-time and/or working. The combination of the core AWCA Training Centre Team, based in Canmore, and the CRTG Team enhance the ability to provide the highest quality athlete support services possible to a wider geographic ski community while building more connections in the athlete development stream. In the first two years of this partnership the AWCA-CRTG programs have connected team athletes and coaches to over 250 club level developmental athletes from over 12 clubs. In effect the Alberta World Cup Academy and CRTG form a unique network of athletes, coaches and clubs that merges the advantages of both professional volunteer capacities.

The **Alberta World Cup Academy** (AWCA) is a vibrant, inclusive training Centre that offers high-quality programming, in a cost effective manner. We are partners with Cross Country Canada, Cross Country Alberta, and the high performance ski community in Canada. We provide opportunities to those athletes who show the aptitude to become internationally successful.



Website: <http://www.albertaworldcup.com/>

Contact: cjeffries@albertaworldcup.com

The **Capital Region Training Group** (CRTG) is a team of dedicated high-performance cross country ski racers who reside in Alberta's Capital Region; are from various youth development clubs; train together regularly; and who aspire to someday be national and international cross country ski champions. The CRTG was conceived of by athletes to create a platform to support their training and competition goals while they also pursued education and/or work related goals. In addition to regular high performance support systems, CRTG athletes are also engaged as ski leaders through both coaching at clubs and through a series of athlete development camps where they coach and inspire younger athletes in the Capital Region.



CRTG Website: www.capitalregiontraininggroup.com

CRTG Facebook Group: <https://www.facebook.com/groups/capitalregionxctraining/>

Contact: qayaqski@gmail.com