

The Caledonia Nordic cross country race team enjoyed a 16-week 2022/23 race season. Senior athletes opened the things up with the Tier 1 Canada Cup at Sovereign Lake in early December. The travelling team, made up of athletes from 11-17 years old, continued with a Western Cup at Sovereign and BC Cups in Whistler and Revelstoke. We wrapped things up with a successful BC Championships at Telemark at the beginning of March.



Our Track Attack team enjoyed a fantastic weekend of racing and fun at Track Attack Championships at Larch Hills at the end of January. Seventeen Caledonia athletes (our biggest team yet!) aged 9-12 took part in the two-day, 3-race event, bringing home medals and technique awards. We definitely have the loudest team cheer!



The Northern Cup calendar was also a busy one, with 8 races over 5 weekends and 6 venues. Our athletes saw many podium finishes and learned to race under all sorts of conditions. Thank you to all our Ski North teammates for a fun and supportive race series for our athletes, from Jackrabbit age to parents!



The highlight of the senior calendar this year was the Trials event held on home snow in January. Thirteen athletes, including 2 biathletes, took part in the Tier 1 event, racing with some of the best from across Canada. It was an incredible experience for all!

Seven members of the senior team wrapped things up with a 10-day trip to Canadian Ski Nationals at Lappe Nordic in Thunder Bay, ON, in early March. Athletes enjoyed amazing trails, fantastic (but cold!) race conditions, Finnish pancakes and saunas, and a social event at the Fort William historic site. Special thanks to Telemark Nordic for driving our skis and waxing gear to Thunder Bay and back!



Finally, five cross country athletes finished their season with the better-late-than-never BC Winter Games in Vernon. Well done everyone!

Big shout out to all the volunteers at every venue who make our race season happen. And a massive thanks to our all-volunteer support crew of coaches, wax team, managers, and parents, who train athletes, take care of race skis, sort out logistics and book rooms, drive their own kids and others to races, and keep everyone fed at our tent at the venue. We couldn't do any of this without you!!



Congratulations to all our athletes for all your hard work and efforts on the racecourses! They race under every condition imaginable, from bitter cold and wind barely above the safety cutoff, to pouring rain and slush above zero degrees, and everything in between. Our athletes are tough, and they do our Club proud! Thank you to everyone at Caledonia Nordic for your support during the 2022/23 season!

Up next: Athletes will take April to rest and recover and catch up on homework. Many athletes will then transition to running (so much running), roller skiing, and strength work. Dryland season activities are a very important part of ski training. The next race is just 8 months away!