

Mount Assiniboine Park

Olympic Cross Country Ski Training Facility

BC Parks and Mount Assiniboine Lodge have sponsored high altitude training camps for the Canadian National Cross Country Ski Team since 1999.

The Renner family, who have been operating Mount Assiniboine Lodge since 1983, have a special interest in these camps. Their daughter Sara has been a National team member for 16 years. At the Torino Olympics in 2006, Sara won a silver medal in the team sprint with Beckie Scott. She is looking forward to competing at Whistler this winter.

The National team is based in Canmore at the Nordic Centre (site of the 1988 Olympics). From May until November cross country skiers roller-ski, bike and run to maintain fitness levels. It is important for ski racers to maximize their time on snow during the year, minimize travel time to training sites, and if possible, train at higher elevations for short periods of time.

Mount Assiniboine Provincial Park (7,200 feet, 2165 meters) is a perfect venue for extending the winter season for the team at a site closer to home base. Many of the Olympic training camps have been held in May, when there are still two metres of snow in the park. Camps are held during the park's shoulder season, giving the team the privacy they need to focus on team building and personal training in a spectacular Canadian setting.

As coach Dave Wood says "Assiniboine Lodge is the perfect place for the National team to bond as a team in a quiet, remote training facility close to home prior to big events like the Olympics." For Sara Renner, the venue could not be better; after all, she grew up at Assiniboine!

Mount Assiniboine Lodge will sponsor a team camp in January, just prior to the 2010 Olympics in Vancouver. BC Parks and Mount Assiniboine Lodge have joined in this initiative to give Canadian athletes the best training facilities possible close to home.

For more information on the park visit:
http://www.env.gov.bc.ca/bcparks/explore/parkpgs/mt_assiniboine/
or contact parkinfo@Victoria1.gov.bc.ca



BCParks

www.bcparks.ca