

## Another Busy Weekend for Foothills Athletes in Three Provinces

Foothills athletes and youth were busy with events at four different locations in three provinces this past weekend.

In Canmore, long-time Foothills member and National Biathlon team leaders, **Nathan Smith** raced in the IBU World Cup races. Nathan's best race, 16<sup>th</sup> in the Mass Start 15K, was also Canada's best individual performance. Lots of Foothills members were part of the race organizing group that put on a successful event, and many more in the big crowds cheering on the Canadians. Nathan and his teammates are now doing final preparations for the IBU World Championships in Norway in early March.

IN Ottawa, a number of Foothills athletes were out for Eastern Canadian championships. The T1 group was also participating in the reciprocal portion of an exchange with Nakkertok Nordic. For some insight into their adventures check out; <https://www.facebook.com/NakkertokFoothills-Exchange-2015-16-560484924103158/>

In the three days of racing there were lots of great performances by the Foothills team, in some very large and competitive categories. Top performances for the team included;

**Midget Girls;** Pasquale Paradis 1<sup>st</sup> 3K prologue, & 2<sup>nd</sup> 5K Free / Ella Stephen 3<sup>rd</sup> 5K Free, and 5<sup>th</sup> 6K classic    **Midget Boys;** Logan McBride 3<sup>rd</sup> 5K Free

**Juvie Girls;** Anna Pryce 2<sup>nd</sup> 3K Prologue, and 2<sup>nd</sup> 5K Free / Nicole Gammie 4<sup>th</sup> 5K Free    **Juvie Boys;** Tom Stephen 2<sup>nd</sup> 3k Prologue, and 2<sup>nd</sup> 6K Classic

**Junior Girls;** Emma Holmes 3<sup>rd</sup> 3K Prologue, 3<sup>rd</sup> 5K Free and 6<sup>th</sup> 10K Classic / Sara McLean 6<sup>th</sup> 3K Prologue and 7<sup>th</sup> 10K classic

In the Mens Open, chasing down qualifying positions for the Tour of Canada in early March, Foothills Men raced well. NST athlete **Jess Cockney** had a good double by placing 3<sup>rd</sup> in the 1.5K sprint, and followed up with 3<sup>rd</sup> in the 20K Classic mass start. And NorAm leader **Kevin Sandau**, was the hunted in the Men's distance races, having won the previous 4 NorAm distance races. On the weekend he placed 2<sup>nd</sup> in the 15K Free individual start, and 5<sup>th</sup> in the 20K classic.

IN Golden, BC, coach Lars Renborg led a group of keen JR-plus and Track Attack racers and families at the Huckleberry Loppets. A great showing by Foothills with many kids and parents racing in various distances, classic on Saturday and skate on Sunday.

And finally over 65 Jackrabbit kids were at Confed golf course for the first annual **JR Discovery Day**. Kids got to challenge their hill skills in the Terrain Park and skier-cross course setup by coach-Malcolm. And also took part in the 100m Becky Scott sprints for JR Sprint awards. Was a warm day, but the nasty chinook winds took a break so made for a good sunny snow day!