

2024 Westerns/AB Cup 3&4

Jan 12-14,2024 - Canmore Alberta

2024 Westerns/AB Cup 3&4 - Foothills Nordic

Where: Canmore, Alberta

When: Race days: January 12-14 Suggested time in canmore: January 10/11-1

Registration: WILL BE POSTED MID DECEMBER until JANUARY 10th - not posted yet

Volunteer/parent help sign up: [Sign up here](#)

Group rate Accommodation: BOOK ASAP - hotels fill up fast

- **1) Pocaterra Inn and Waterslide (Incl Breakfast)**
 - <https://banfflodgingco.com>
 - **Promo Code: GOTEAMGO**
- **2) Rocky Mountain Ski Lodge**
 - <https://banfflodgingco.com>
 - **Promo Code: GOTEAMGO**

Weather: [Weather forecast](#) for the Canmore Nordic Centre from the Weather Network. Current weather conditions at the Canmore Nordic Centre are available on their [Weather Information Network](#).

Trail Report: Keep up to date with the snow and trail conditions at the nordic center: [Trail Report for Canmore Nordic Centre](#) All ski trails are open to the public while the race is in progress. **Be cautious and courteous! Dogs are not allowed on the ski trails.**

Tentative schedule of events :

Thursday Jan 11- 2-4pm MT — official training

Friday Jan 12 (starting 9am)- U16+ - Free sprint

Saturday January 13- (starting 9am)- All categories - Classic distance

Sunday January 14th- (starting 9am) - All categories - Free distance

Transportation: The Club Van status on the trip will TBD

Current coaches and wax team signed up are:

Lead coach: Jamie (Emily- in spirit and speed dial)

Lead wax team: Paul/Lance/ Magnus

Wax and warm up team : Gibo and Deren

Waxer and Spirit leader: Pip

****Canmore puts on a very good event every time and it will be a great opportunity for solid races with CPL points potential. Weather in Canmore in January can be anywhere from very reasonable (just under freezing) to full survival mode (-30 ish). This being said they have been very good about taking safety first and very rarely see a race canceled due to weather. I (Emily) will be staying in Kelowna however I will be very involved in the planning and helping so do not hesitate to contact me with questions: 2508014804 or**

emily.young@telemarknordic.com. When /If more information get's posted I will continue to update and keep this document up to date.

