



December 12, 2008

FOR IMMEDIATE RELEASE

### **Girls Rule at Teck Sprints**

Yukoners were taking up the major portion of space on the Junior Women's' podium on day two of the Sovereign Lakes Noram race series.

Emily Nishikawa and Janelle Greer finished in second and third spots in the 1.1 km classic technique sprint, just behind Heidi Widmer from the Foothills Nordic Club in Calgary, picking up a pair of medals for their efforts.

It was a good race for Nishikawa, who has been fighting injury all season, and for Greer, skiing two categories above her usual age group and who managed to fall twice in the final heat and still fight her way back to the podium position.

Once again, the race was a major challenge for the organizers. Continuous drifting snow filling the tracks made things difficult as the volunteer crew did double and triple duty keeping the courses groomed for the 135 competitors.

In the brutally competitive senior men's category, the top Yukon finisher was Graham Nishikawa who was knocked out in the quarterfinal and was ranked 17<sup>th</sup> overall.

Colin Abbot made his mark by finishing third in the Junior Men's B final for a 9<sup>th</sup> overall ranking, just ahead of Jeff Wood, who ended up 10<sup>th</sup> overall.

The top racers, both men and women, all eschewed grip wax and double poled the whole course, figuring that the lack of wax and resulting improved glide more than made up for the slower uphill and screaming shoulder muscles as they powered around the course.

The race was part of the Teck sprint series, a national series of sprint races which form part of the prestigious Haywood Noram race series.

Races continue on Saturday evening with an individual start classic technique distance race under the lights at Sovereign Lake.

-30-

For more information contact:

Alain Masson  
867 334-9220  
[xcyukon@northwestel.net](mailto:xcyukon@northwestel.net)

Claude Chabot  
867 333-0171  
[cchabot@northwestel.net](mailto:cchabot@northwestel.net)