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**For immediate release:
January 20, 2010**

REGISTRATION FOR CANMORE, AB SKI & CHAT SERIES NOW OPEN **Fast and Female presented by Best Buy's event to take place on Main Street during the** **Alberta World Cup**

(Canmore, Alberta) – The registration for the 2010 Fast and Female presented by Best Buy Ski & Chat Series in **CANMORE, AB** on February 6th is now **OPEN**. To register for this Fast and Female event, please visit:
<http://fastandfemale.imworks.biz/default.asp?lang=&mode=eventdetails&id=50>

Intended for 100 young female cross-country skiers and biathletes aged 9-19, Fast and Female's FREE Ski & Chat Series will be held between 5:30pm and 7:30 pm on Canmore's Main Street. Led by Fast and Female's founder, Olympic Gold Medalist in Cross-country skiing - **Chandra Crawford** – and her teammates, the fun evening, sponsored by **COLD-FX**, will kick off with a short speech by Chandra followed by a dynamic dance warm-up by the internationally renowned Drum Café. The skiing component will take place in the heart of Canmore, on snow-covered Main Street. Each registered event participant will go home with a free Buff, sponsored by **Buff** - the leader in multifunctional headwear.

Fast and Female's Canmore event coincides with festivities of the Rotary Club of Canmore's 2010 Nordic Games as well as the Viessman Cross-Country World Cup held on February 4-7, 2010 at the Canmore Nordic Centre. More than 200 of the world's best cross-country skiers will be in the region to compete in this World Cup, the final international races prior to the 2010 Olympic Winter Games in Vancouver.

"I am super pumped to be back in my hometown spreading the love of cross-country skiing only days before the Olympics," said **Chandra Crawford**, Olympic Gold Medalist in Cross-country skiing, who is in the final preparation for the 2010 Winter Games in Vancouver. "What a fantastic way to ignite young girls' interests in being active outdoors and living a healthy lifestyle," she added.

Fast and Female will host its signature annual Ski Festival in March 2010 in Whitehorse, Yukon, Canada. The 2010 Fast and Female Ski Festival will feature a full-day of cross-country skiing, biathlon, lunch, inspirational talks, yoga, dancing, and giveaways. The event will also feature an adult seminar intently focused on empowering parents and coaches supporting female athletes. More details about this event will be released in the coming weeks.





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Throughout 2010, Fast and Female will also be hosting a record number of six Ski & Chat events in six different provinces and territories throughout Canada, reaching several hundred female ski and biathlon enthusiasts.

To register for the upcoming Canmore event, please visit the NEW www.fastandfemale.com.

To learn more about the Rotary Club of Canmore's 2010 Nordic Games, visit:

<http://www.clubrunner.ca/CPrg/home/homeA.asp?cid=954>

To learn more about the Viessman Cross-Country World Cup, visit: <http://www.albertaworldcup.com/main.php>

ABOUT FAST & FEMALE

Fast and Female presented by Best Buy is a not-for-profit organization founded by Olympic Gold Medalist in cross-country skiing Chandra Crawford. The mission of "Empowerment Through Sport" is accomplished through fun-filled all-day events featuring skiing, biathlon, yoga, hip-hop dancing, healthy eating and inspirational presentations. Fast and Female is about more than a great time on skis; it's about building confidence and leadership skills in girls and young women while showing them how much they have to gain from an active lifestyle. Success in the short-term means getting more girls hooked on cross-country skiing and biathlon. In the long term, Fast and Female will become a nationwide wellness program with benefits for girls and young women across the country. For more information about Fast and Female, visit the NEW www.fastandfemale.com

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