



FOR IMMEDIATE RELEASE

HOME-BAKED COOKIES TO FUEL CROSS COUNTRY SKI RACERS

Calgary – February 14, 2008 – Next weekend over 500 cross country skiers will be racing and munching cookies in Peter Lougheed Provincial Park at the 31st annual Kananaskis Ski Marathon, otherwise known as “the Cookie Race”.

Calgary’s Foothills Nordic Ski Club is hosting this popular cross country ski loppet at **10 AM on Saturday, February 23** in Peter Lougheed Provincial Park. All competitors are treated to beverages and stacks of home-made cookies at stations set up along the race course. The Cookie Race, Alberta’s second largest loppet, reaches all age groups – from five year olds to senior citizens. Like all loppets, this is a friendly competition emphasizing participation, personal challenge, camaraderie, sportsmanship, and fun.

Kids 12 and under ski 1, 3, or 5 km courses. Teens 13-16 ski 15 km. Adults choose from courses of 15 km, 24 km, and the marathon 42 km loop from Pocaterra Hut to Elk Pass and back. All races are classic technique and start at Pocaterra Hut. Race registration is available on-line on our website at www.foothillsnordic.ca/ksm.jsp; race entry forms are also available at Calgary, Kananaskis, and Canmore cross-country ski shops and facilities. Note that there is an overall permit limitation of 600 participants, so registration is on a first-come, first-served basis. The deadline for adult registrations is 21:30 on Thursday, February 21st.

We modestly boast that our race has the best track-setting in the province as the trails are re-groomed specifically for the race in a way that is not seen the rest of the year. This is most noticeable on hills and small dips where the tracks are left in on downhill sections. Please note that all ski trails in the park remain open to the public while the race is in progress.

Foothills Nordic Ski Club has been part of the local nordic ski community for over 40 years and has a broad base of members pursuing a variety of levels of cross-country skiing and biathlon. Our members range in age from 5 to 85, from Jackrabbits to National Team members. Over one third of Foothills’ 600+ members are cross-country ski racers under the age of 16.

For more information, please contact:

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