



SPORT Comox Valley

TRAINING 2010 AND BEYOND

The Comox Valley's Mount Washington enjoys the closest conditions to Whistlers' Callaghan Valley than anywhere else in British Columbia. With similar elevation, snow conditions and temperatures, Olympic and Paralympic athletes can have the finest training conditions in preparation for 2010 and beyond.

GOLD MEDAL FACILITIES

With Mount Washington's incredible Nordic trails and Alpine runs, two terrain parks, combined with the Comox Valley's aquatic and sport centres, the area offers unprecedented infrastructure for teams looking for a hassle free, quiet training environment.

DIRECT TRANSPORTATION

The Comox Valley International Airport (YQQ) offers easy access to the Mount Washington Training Site, boasting several daily direct flights from Vancouver (30 minutes) and Calgary (80 minutes); both with connecting flights to Europe and around the world.

For those traveling by ferry, the Comox Valley is one hour by road following ferry service from Vancouver to Nanaimo. Upon arrival, Mount Washington is an easy 30 minute drive from most points in the Comox Valley.



SNAP SHOT OF THE COMOX VALLEY

The Comox Valley (pop. 62,000) offers visiting teams and sporting events a stunning alpine to ocean setting, temperate climate and central Island location. With extensive Nordic, Alpine and dryland training infrastructure, coupled with urban amenities such as restaurants, galleries, theatre, shopping and a regional hospital; the Comox Valley is the choice for teams who want the ultimate training advantage.

THE ROAD TO SUCCESS... ONE CALL AWAY

A visit to tour the training facilities offered at Mount Washington and the Comox Valley will allow teams and event organizers to see first hand what the region can offer.

For more information contact:

Strathcona Nordic Ski Club

President: Len Apedaile • Head Coach: Dave Battison

00 + 1 + 250 337-5588 • apedaile@oberon.ark.com

Mount Washington Alpine Resort

Director of Operations: Don Sharpe

00 + 1 + 250 792-0005 • donsharpe@mountwashington.ca

Comox Valley Economic Development

Executive Director: John Watson

00 + 1 + 250 792-0375 • john@investcomoxvalley.com

www.sportcomoxvalley.com

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DISTANCE TO MAJOR CENTRES

	Flight Time	Driving Time
Whistler/ Callaghan Valley	30 min.	3.5 hours
Victoria	30 min.	2.5 hours
Greater Vancouver	30 min.*	3 hours
Seattle	1.25 hours	5.5 hours
Calgary	1.25 hours*	16 hours
Edmonton	1.25 hour*	18 hours

* Direct flights available

Photos: Mount Washington Alpine Resort, Sport Comox Valley, Brent Reid, CVAC, Comox Valley Sports Commission



MOUNT WASHINGTON TRAINING SITE
COMOX VALLEY • BRITISH COLUMBIA • CANADA

Winning Climate Conditions

With elevation, snow conditions and temperatures close to 2010's Callaghan Valley, the Comox Valley's Mount Washington offers terrific training conditions for teams and events looking for strategic advantages.

*Upper elevation = mountain peak	Mount Washington	Callaghan Valley Whistler	Sovereign Lake Vernon	Canmore Alberta
Trail Elevation	930-1240m	860-950m	1627-1710m	1419-1501m
Training Elevation*	0-1580m	0-2182m	400-1915m	1310-2000+m
Snowfall Average	900cm	1090cm	760cm	250cm
Snow Type	Coastal	Coastal	Dry and cold	Dry, cold & man-made
Temp Range	-2° average +5° ~ -8°C	-4° C average +5° ~ -12°C	-7° C average 0° ~ -18°C	-9° C average 0° ~ -25°C

TRAINING THE BEST

The Canadian National Biathlon and Cross Country Teams have made the Comox Valley's Mount Washington their official training site for years. Pacific Sport and other ski teams from across Canada including the National Disabled Ski Team, National Nordic Combined team, National Training Centre Teams, and private clubs have used the site for spring training.

HOSTING THE BEST

Mount Washington and the Comox Valley have hosted numerous regional and international cross country and biathlon competitions, including NORAM races.

PLANNED EVENTS

- 2008 BC Freestyle Championships
- 2009 IPC World Cup

Training Venue Excellence



RAVEN LODGE.

- Raven Lodge, a 10,000 sq. ft Nordic Lodge includes a lounge, restaurant, showers, sauna, lockers, laundry, internet, retail, rentals and waxing facilities
- Operating December to April, with Spring training available

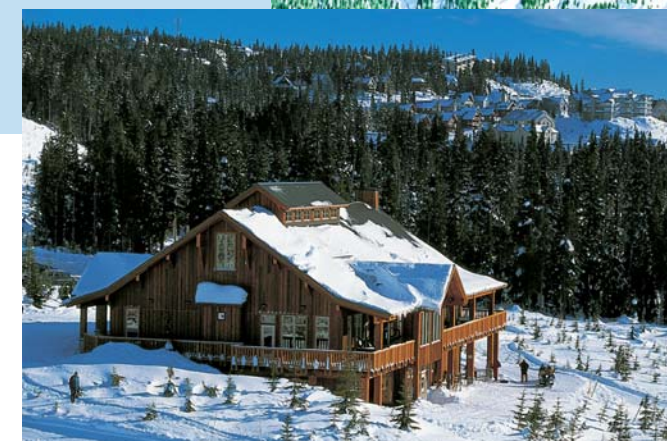
WITH A STUNNING NORDIC LODGE WITH 55 KM OF NORDIC TRAILS, TO 60 ALPINE RUNS, MOUNT WASHINGTON HAS WHAT IT TAKES TO PROVIDE ATHLETES WITH THE BEST TRAINING AND ACCOMMODATION INFRASTRUCTURE AVAILABLE.

HIGHLIGHTS OF THE NORDIC TRAINING SITE.

- Integrated competition/training trails, 200x60 m stadium and 27 target biathlon range homologated to FIS standards and similar terrain to the Whistler 2010 site
- 4-6 m average snow base, operating December to May
- 7 km of integrated biathlon / FIS standard racing loops
- Stadium Elevation: 1090 m
- Sit ski: Racing and training trails available
- 55 km machine groomed nordic trails with ocean and mountain views as well as backcountry skiing and snowshoeing routes in the adjacent Strathcona Provincial Park
- Trails groomed to 4 m+ by snow-cat with tiller and pans
- Classic and skate lanes
- 5 km of lit trails
- Home of Strathcona Nordic Ski Club with 500 members and an active racing program
- Home to Courtenay Biathlon Association and Vancouver Island Society for Adaptive Snowsports
- The Alpine and Nordic facilities are owned and operated by Mount Washington Alpine Resort, established in 1979

HIGHLIGHTS OF THE ALPINE TRAINING SITE.

- Summit Elevation: 1588 m
- Vertical Rise: 505 m
- Resort Size: 1600 acres
- Average Snowfall: 100 cm
- Winter Season: early December to mid April
- Alpine Trails: 60 runs (20% easier, 35% intermediate, 45% advanced)
- Lifts: 2 high speed chairlifts (1 six pack, and 1 quad), 2 fixed grip quads, 1 triple chair, 1 double chair, 1 platter lift, a handle tow
- Lift Capacity: 12,200 riders per hour
- Longest Run: 1.9 km
- 2 Terrain Parks



DRYLAND TRAINING FACILITIES.

While Mount Washington boasts some of the deepest snowpacks in North America, the Comox Valley remains lush and green throughout the season offering unparalleled winter and spring dryland training. The areas other sport facilities include an aquatic centre with an 8 lane, 80' fitness pool, sports centre with state of the art weight and exercise equipment for both able bodied and disabled athletes, ice rinks, and sports fields.

ON-SITE MOUNT WASHINGTON ACCOMMODATIONS AND SERVICES.

An Alpine Village with ski-in/ski-out accommodation for over 4000 people offers two to three bedroom condominium and hotel style accommodations as well as large chalets with up to ten bedrooms. Most of these accommodations include kitchen facilities. Mount Washington also offers three restaurants - two at the Alpine Lodge and one at the Raven Lodge as well as a General Store.

COMOX VALLEY ACCOMMODATIONS AND SERVICES.

A short 30-minute drive down to the Comox Valley, groups can find accommodation ranging from five star resort and spas to more affordable motels and hotels. Several Comox Valley accommodations offer transportation, storage, and catering to support athlete and team needs. With a regional hospital, the area is home to several multi-disciplinary health care teams with physiotherapists and sport medicine physicians.

