

RUN FOR A CURE KARBON STYLE

Eight women on Canada's Junior Luge Team proudly donned their lycra Karbon race suits and ran through Calgary's streets for a great cause this fall.

The junior women participated in the CIBC's Run for the Cure fundraiser in support of Breast Cancer in September. The girls raised nearly \$1,000 in support of breast cancer while participating in the five-kilometre run which took place at Southcentre Mall. Congratulations to Anna Burger-Martindale, Elena Corrigan, Kimberley McRae, Chelsea Deschamps, Jordan Smith, Anna O'Neill, Lara Glover and Jordyn Carss for being community leaders while at the same time demonstrating the champion spirit of luge athletes.



JEFF CHRISTIE SHOWS OFF HIS CRIB

If you saw Jeff Christie racing home from the Calgary track last month, it was simply because he had people waiting at his house to show off his crib.

MTV Cribs, which is a reality television program on MTV that features tours of the houses of celebrities, was touring southern Alberta to visit the houses owned by several of Canada's Olympic athletes.

The show will not only feature Jeff's house, but also incorporate luge footage throughout his career.

Cribs has featured tours of more than 185 celebrities including musicians, actors and athletes over the course of the last 13 seasons. The most-watched episode of Cribs was a special one-hour edition touring Mariah Carey's New York penthouse. Here's to hoping Jeff's episode, which will air in January, slides up the charts of Canadian cribs.

LUGING WITH LUTKE – THE NEW V.P. OF B.C. LUGE

Brian Lutke's story exemplifies the power the Olympic Games have on inspiring people to get involved in sport.

Once Vancouver-Whistler was awarded the 2010 Olympic and Paralympic Winter Games, the engineering technologist with the Whistler municipality knew he wanted to get involved.

The door opened into one of Canada's Olympic winter sports when he noticed a posting inviting Whistlerites to an Open House for the sliding sports of bobsleigh, luge and skeleton at the Whistler Sliding Centre.

"I knew nothing about any of these sports, but was really curious so I went and checked it out," said Lutke. "They had an athlete speaking on behalf of each of the sports. Regan spoke for luge and I found it extremely interesting."

Lutke's curiosity got the better of him.

Luge was the first of three sports to offer an officials course and Lutke's career in the sport was underway.

After completing the officials course last season he attended his first World Cup in Calgary before heading over to Oberhof, Germany with a handful of Canadian officials to take in the World Championships.

Officiating aside, Lutke is now focused on growing the sport on Canada's west coast after being named the first vice-president of B.C. Luge.

"I am certainly excited to get involved and hopefully make a difference," said Lutke. "This is going to be a legacy facility in my community and I want to make sure this track gets used. I don't want it see it sitting here in the years following the Games."

Working with the Canadian Luge Association, Lutke is committed to encouraging youth in British Columbia to share his curiosity and check out the sport.

"Whistler kids are primed to be at the track," he said. "They are active, love the outdoors and super fit. We need to get them involved."

And if he isn't successful in inspiring kids to participate in luge as the new vice-president, perhaps he can through his other volunteer experiences - Quatchi, one of the 2010 mascots. One of a couple of people who perform as a mascot at the events in the Sea-to-Sky corridor, Quatchi also found his way to the luge track and hopped on a sled.

With Brian Lutke involved, the spirit of the Olympics and luge in particular, is alive in well in British Columbia.



HAVING LUNCH WITH CANADA'S BEST

With just 16 months remaining until the opening of the 2010 Olympic and Paralympic Winter Games in Vancouver and Whistler, Canada's elite luge athletes took part in a media function with 24 of the nation's elite athletes before the sports dispersed for the World Cup season. Hosted by Own the Podium, Media Opportunity 2009 was held in the ATCO Centre at Canada Olympic Park in order to give national media access to the athletes and executives in each of the 15 winter sports prior to heading to Europe.

Booths were set up around the room, and athletes took part in one-on-one interviews with media during a catered lunch funded by RBC. The Canadian Luge Association was represented by Meaghan Simister, Sam Edney, Chris and Mike Moffat, along with Tim Farstad.



CHRISTIE AND SIMISTER HEADLINE NATIONAL TEAM SELECTIONS RACE

The Jeff Christie and Meaghan Simister led a group of 17 of the nation's top luge athletes in the Canadian Luge Association's 2008-09 World Cup Team selections race.

Christie and Simister, who spent the offseason bulking up and gaining flexibility in hopes of pulling faster starts, picked up where they left off last year, finishing on top in both of the men's and women's three-run races which were held over two days.

Sliding into the second and third places on the men's side in both races were Sam Edney and Ian Cockerline. Alex Gough and Arianne Jones rounded out the women's top-three respectively. Regan Lauscher was forced to sit on the sidelines while battling the flu over the weekend.

The Moffat brothers also won both doubles races over the weekend despite Chris battling a wrist injury.

The Canadian Luge Association will officially name its World Cup Team at a media conference, November 10, at the Whistler Sliding Centre.



BACK ON TRACK....IN WHISTLER!

The Canadian Luge Team were the first to open the track at the Whistler Sliding Centre for the 2008-09 season by participating in a two-week training camp in October.

With just 16 months remaining until the 2010 Olympic Winter Games, the Canadian squad completed quality high-volume sessions, packing in 10 runs a day. The team followed its on-track sliding time with regular visits to the weight room as they zero in on the World Cup season.

While the team returned to a familiar track they left in March, they certainly appeared much different than when they left in the spring.

Bulging muscles and V-shaped chests tell the story of how the Canadian luge team spent their summer. Their off-season training under head coach Wolfgang Staudinger was the hardest training the sliders have ever done in their lives. Canada's elite male singles sliders - Jeff Christie, Ian Cockerline and Sam Edney - each say they've added over seven pounds of muscle to their frames.

"I have always said champions are made in the summer," said Staudinger. "I would say we've increased the volume from the year before to now almost by 100 per cent and we are starting to show some definite signs of improvement. We are looking forward to the season."

The Canadian World Cup Team will return to the Whistler Sliding Centre, November 10-16, for international training week.



CANADIAN JUNIORS CHALLENGE FOR EDWORTHY START TITLE

While Canada's senior luge athletes were tackling the new Olympic track in Whistler, B.C., the next generation of luge athletes were putting their off-season training to test against their teammates in the fifth annually Edworthy pre-season start competition at Canada Olympic Park's Ice House. Picking up where he left off last season where he had three podium finishes on the Junior World Cup circuit, Tristan Walker finished on top with an aggregate time in both men's singles and doubles with partner Justin Smith.

Sliding into second and third spots in men's singles were Andrew Pifko and Devin Corigall. Pifko teamed up with Matt Medrek to finish second in the doubles competition.

On the women's side of the draw, Anna Burger-Martindale pulled the fastest start



to claim the women's title. Arianne Jones and Denae Delcourt finished second and third respectively. Congratulations to a successful start to the season!

WHISTLER SLIDING CENTRE HOLDS COMMUNITY OPEN HOUSE

The Whistler Sliding Centre held its inaugural full season kick off on November 1 welcoming the community to take in the fast-paced sliding sport action on the 1,450-metre Olympic Track.

Athletes and Vancouver 2010 officials welcomed guests to the world-leading venue for the first time to view athletes speeding down the track.

The event featured athletes training on the track, guided track tours, and sport equipment displays while the community were able to meet the Vancouver 2010 mascots and learn about volunteering, ticketing and much more.

The Canadian Luge Association will be looking to partner with Vancouver 2010 over the next two years on community events in an effort to gain interest and grow the sport on Canada's west coast.

RECRUITING CANADA'S FUTURE OLYMPIANS IN B.C.

The Canadian Luge Association and the B.C. Luge Association have teamed up to hold their first round of on-ice Recruitment Camps on the Olympic Track at the Whistler Sliding Centre, in an effort to recruit the next generation of high-performance luge athletes.

The aggressive winter recruitment initiative targets Canadian youth who demonstrate athletic ability to the sport. Athletes will receive an introduction to the sport of luge, and its equipment, prior to participating in an on-ice sliding session where the athletes will have the opportunity to take several runs from the lowest starting point on the newly completed track at the Whistler Sliding Centre.

The luge community would like to invite all Sea-to-Sky community youth aged 9-14 to attend one of the recruitment camps in an effort to learn the sport of luge, and have an opportunity to start the training and skill development necessary to become a high-performance athlete. For more information about the sport of luge, or to register, please visit www.luge.ca.

DATES & TIMES:

November 23, 2008	3-6p.m.
December 20, 2008	3-6p.m.
January 18, 2009	3-6p.m.
February 28, 2009	3-6p.m.

