



NEWS RELEASE

For Immediate Release

February 5, 2018

Valentine's Day Special at the Whistler Sliding Centre on February 13 & 14

Spreading love for sliding sports with beginner bobsleigh, skeleton & luge clinics

Whistler, BC: The Whistler Sliding Centre is inviting everyone to get a Valentine's Day rush, with or without their special someone, on February 13 and 14. In **discounted one-time sessions**, the ice track's head coaches will teach participants the beginner basics of **luge (February 13)**, **skeleton (February 14)** and **piloting a bobsleigh (February 14)**. No prior sliding experience is required and sessions are open to couples and singles, friends and families. Pre-registration is recommended as spots are limited.

The **Luge** session will be held from 5:00 to 7:00pm on Tuesday, February 13. It is open for ages 8 and up, the cost is \$20 per participant. Participants will learn the basic skills from their coach, and then slide from the beginner start point in Curve 13 to go through the track's final 4 corners, reaching speeds of up to 70km/hr.

Skeleton will be on from 10:00am to 12:00 noon on Wednesday, February 14. Ages 14 and up can register for \$50/person. Participants will be taught the correct sled positioning and technique before sliding from the Maple Leaf start (1/3 of the way up the track), reaching speeds of up to 100 km/h.

Bobsleigh love will be spread from 12:00 noon to 3:00pm on February 14. Participants will learn how to pilot their own 2-man sled, go on a track walk and get two runs from Curve 7, taking turns with their partner once as a pilot and once as a brakeman. Minimum age for bobsleigh is 16, cost for the program is \$50/person.

Tracy Seitz, Director of the Whistler Sliding Centre, promises that there will be something for everybody: "Those who want to cuddle up with their partner can do so in a 2-person bobsleigh, and those who want to get away from their significant other for a bit can slide solo on a luge or skeleton sled. As long as everybody discovers their **love for sliding sports**, we consider the event successful." Prizes for the fastest racers will be provided by the Whistler Brewhouse.

Whistler Sliding Centre

Mail: 1080 Legacy Way, Whistler, BC, Canada V0N 1B1
Street: 4910 Glacier Lane, Whistler, BC, Canada V0N 1B4
Web: www.whistlerslidingcentre.com



Participants can sign up for one, two or all three sports. There is no maximum age, everybody that is physically fit and that meets certain health and safety requirements can participate.

More information about the Valentine's Day event and pre-registration (limited availability) is possible by phone at 604-964-0040 or at

<http://www.whistlersportlegacies.com/valentinesdayspecial>

About the Whistler Sliding Centre

The Whistler Sliding Centre (WSC) is operated by Whistler Sport Legacies, a non-profit organization dedicated to grow sport at three venues: Whistler Olympic Park, the Whistler Sliding Centre, and the Whistler Athletes' Centre. The WSC was the site of the bobsleigh, skeleton and luge competitions for the Vancouver 2010 Olympic Winter Games and today is a training and competition venue for sliding sport athletes of all levels. For more information, visit whistlerslidingcentre.com.

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