

Capital Region Training Group:

All of the members of the CRTG have been extremely blessed by the new idea of joining the high performance athletes from the clubs in the area and training together.

The benefits of this were clearly shown at the CWGs trials where CRTG won every race (skate distance: Tate, classic distance: Tate, classic sprint Larkin) plus Lukas Mark, our oldest member, brought home a silver right on my tail finishing the classic sprints.

I was completely dumbstruck when I crossed the line first, but when I heard my teammate celebrating behind me, I was ecstatic because I knew that we were both going to the Canada Winter Games.

It was certainly the highlight of my skiing career!

Now I plan to bring home a medal from the games for Alberta, Fort Saskatchewan and CRTG.

I hope its gold!

Larkin