

## **Ridge paddlers make Team BC for Canada Games**

Ridge Meadows paddlers will be out in force when Team BC competes in the canoe and kayak competitions at the Canada Summer Games in Prince Edward Island August 22-29.

Fourteen of the 24 paddlers on Team BC are from Ridge Canoe & Kayak Club (RCKC). All have entered a final intense training period in preparation.

"Having our members occupy more than half the team speaks volumes about the kind of athletes we have training with us and reflects well on the challenging program that has evolved over the years at RCKC," said RCKC head coach Peter Majewski. "Our top athletes train year round in anticipation of competing at the highest level. We're proud that RCKC is able to help these athletes recognize their potential and then work closely with them to achieve their goals."

To be able to compete in the Canada Summer Games competition, paddlers must train for at least two years and qualify in 200m, 500m, 1000m and 2000m distances. The RCKC members completed their qualification time trials in June at Whonnock Lake, and in early July while in Regina. All of the RCKC members going to P.E.I. have at least three years' experience and many of them won medals in the 2007 Western Canada Games.

Paddlers from Ridge Meadows include Michelle Kosaka, Tessa Nagai, Sarah Poole and Clara van Meel; and Sean McBeath, Keegan Nagai, Brian Malfesi, Joshua Horacseck, Keith Kelleway and Ken Muir.

Manager Gillian Fedechko and coach Kris Lepianka also hail from Ridge Meadows.

The Ridge Canoe & Kayak Club is a flat-water sprint paddling club based at Whonnock Lake in Maple Ridge.

For more information, visit [www.rckc.ca](http://www.rckc.ca).