

Wintertime fun in the sun

BY KERRY BENJOE, LEADER-POST JANUARY 19, 2015



Bruce Moore runs during a 10K race during the Lost Lake Snowshow Series held at the Deer Valley Golf Course Sunday.

Photograph by: Michael Bell, Regina Leader-Post

Winter is awesome, so just embrace it, says the organizer of the second annual Lost Lake Snowshoe Races.

The Regina Multisport Club (RMC) and Fresh Air Experience (FAE) teamed up to bring the winter event to the province.

"Saskatchewan freezes and it brings all kinds of new opportunities and ways to explore, which you can't do in the summer time," said Paul Cutting, with the RMC.

Last year, was the trial run for the races and there was interest from residents from around the province and organizers are hoping the event will continue to get bigger every year.

"It came about because in the winter time, I enjoy crosscountry skiing and snowshoeing so a friend of mine and I decided, 'Let's put together a series,'" said Cutting "We just decided someone needed to do it, so we just did it."

On Sunday, dozens of outdoor enthusiasts took part in snow shoe and fat bike races at the Deer Valley Golf Course.

One of those participants included Cutting's wife Cambri.

"I just had a baby five months ago and this is great exercise," she said about the activity.

She said it's an activity friends and family can enjoy together, like she does with her husband.

"This year, there's not that much snow, but you can still do it," said Cambri. "The weather outside is just gorgeous.

It's about getting outside and getting that nice vitamin D in the winter." Because she is new to the sport, she participated in the three kilometre citizen race.

Cambri said that is one of the upsides to the sport is it's simplicity - all you need are snow shoes and maybe some ski poles for balance.

It was only the second time in two weeks NDP MLA Trent Wotherspoon put on some snowshoes, but on Sunday he entered the 5-km short race.

Members in the citizen run left the starting line at good walking pace. However, those in the 5-km run hit the ground running and when they got the signal to go they sent snow flying in all directions.

Wotherspoon said he likes to stay active and when he was invited by the club to participate he jumped at the opportunity to try out the sport.

He said what's great about the activity is that the cold weather doesn't matter because once you start moving, -40 C doesn't seem so bad.

On Sunday, the sun was shining and temperatures were a balmy -5 C. The fat bike races were held after the 10 km long run snowshoe race ended.

Fat bikes are a new style of bike that's taking off in province and around the world. The bikes have big, fat tires designed to be ridden on snow or sand dunes.

The next set of races are the Destination Dogleg Races on Feb. 8 followed by the Kona Crown on March 8. Information about the races or to register is available online at www.reginamultisport.com.

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