



# News Release

## Sarah Daitch 10<sup>th</sup> at Nationals

Whitehorse, NT (March 24, 2010)—Sarah Daitch cracked the top ten at Cross Country Canada's Haywood Ski Nationals, which took place in Whitehorse between March 16-21. Daitch raced in four events in a strong field, which included several Olympians. The outcome was surprisingly positive, as the Fort Smith skier has been recovering from medical issues over the past two seasons.

Daitch's best result was in the sprint competition, where she finished 7<sup>th</sup> and won the B-final nosing out Olympian, Perianne Jones of Ontario. Daitch, who followed medical advice and avoided intensity training while striving to return to full health, reflected on her results, "I am happy about my sprint. Winning something is nice even if it was the B-final. I would rather have been in the A-final but had a bad start lane in my semi and was blocked from passing in an important downhill section. I felt strong the whole time though. The only thing I didn't like was my lack of qualifying speed. I had only been able to do endurance work over the last six weeks and had not done any sprint training and almost no skating all season. So given everything, I thought it was very encouraging for next year when I will be able to focus on all aspects of training."

Daitch will be in Yellowknife in early April, as an "ambassador" for the Fast and Female event. Young women from several NWT communities will participate in this program, which is designed to empower girls through sport. Fast and Female will be hosted by the Yellowknife Ski Club.

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