



FOR IMMEDIATE RELEASE

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WinSport launches obstacle race training course

CALGARY, Alta. – WinSport is pleased to welcome COR.FIT, a leading obstacle race training fitness organization, to the High Performance Training Centre.

COR.FIT's new training facility at WinSport's Markin MacPhail Centre, spans 6,250 square feet and is comprised of obstacles that have appeared on American Ninja Warrior, Spartan/Beast races and many other Canadian and international obstacle events.

"We are very excited to partner with an innovative organization which has gained popularity and a reputation as a leader in obstacle course racing," says Bernie Asbell, WinSport's Vice-President of Sport Operations. "Adding COR.FIT to our existing fitness programming significantly enhances training options for participants of any fitness level who can improve their mobility, cardiovascular health and strength in the fun and exciting activity of obstacle race training."

"We are proud and excited to expand our training facility to WinSport, which gives us the opportunity to offer obstacle course training to even more people in Calgary," adds Sean Sweeney, Lead Trainer, for COR.FIT. "Our mandate is to provide fitness programming that is fun and develops the whole athlete through unconventional movement and non-traditional exercises. COR.FIT is a great way to train for obstacle course racing, but also serves as an excellent complement to an existing fitness program for any sport which in essence creates a well-rounded athlete."

Obstacle course training combines multiple body movements, energy systems and exercises into one dynamic training session. COR.FIT will be offering a variety of obstacle classes and both group and individual training sessions. Trainers cater to all levels and abilities from the experienced athlete looking for a new challenge to someone looking to try something different.

WinSport is hosting a grand opening event on **Saturday, Feb. 25** beginning at 9 a.m., which will include tours, demonstrations, and shortened versions of the most popular COR.FIT programs that participants can try out for free.

Media photo/video and participation opportunity

Media are invited to attend the grand opening to either try out the obstacle course or film/interview participants. Media are welcome to participate at 10 a.m., where there are a limited number of spots for media to strut their stuff. Please RSVP to communications@winsport.ca by 5 p.m. on Friday, Feb. 24. For those members of the media not wanting to participate, but would still like to cover the grand opening, please arrive at your earliest convenience. The full schedule for the grand opening can be found here: <http://www.winsport.ca/performancecentre/corfit.cfm>

Visit www.winsport.ca for more information.

About WinSport

WinSport provides world-class sport facilities where Canadian athletes can discover, develop and excel. WinSport owns and operates Canada Olympic Park in Calgary, Alta., the Bill Warren Training Centre located at the Canmore Nordic Centre and the Beckie Scott High Performance Training Centre on Haig Glacier, Alta. A not-for-profit organization, WinSport supports national sport organizations, encourages educational opportunities and subsidizes the operation of unique training and recreational facilities used by the nation's top athletes and the general public. For more information on WinSport please visit www.winsport.ca.

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