

FOR IMMEDIATE RELEASE

August 27, 2013

**WinSport teams up with Cal Zaryski to launch
new endurance programs, cycling studio**

Calgary, Alta. – WinSport announced today that world leading endurance athlete and exercise physiologist Cal Zaryski has joined the WinSport team as the organization's new endurance program specialist and head of its new cycling studio.

Zaryski has more than 25 years of coaching experience and has had tremendous success with his own company, Critical Speed, which provides a multisport training program that maximizes time and stimulates improvements. He will head WinSport's new indoor cycling studio, which is a world leading training system that optimizes cycling performance and fitness. It will help multisport athletes, recreational athletes and Olympic-level athletes reach their full endurance potential.

Zaryski, a five-time world triathlon champion and three-time Triathlon Canada coach of the year, will also lead all of WinSport's new endurance programs, including WinSport triathlon, spin classes, swimming programs, brick training sessions, cycling series, ultra-endurance session in preparation for gran fondos, Ironman and challenge events and group CompuTrainer power training and testing.

"I am so excited to have an organization behind my passion to coach endurance athletes to personal excellence," said Zaryski, who is known as Coach Cal throughout the endurance sport community. "With full access to a 250-metre track, indoor stairs, world class treadmills and weight room, evening snowshoeing, trail running and mountain biking trails, the sky is the limit."

The new programs will combine the expertise of Zaryski and Critical Speed with the unique training facilities that will be opening at WinSport in the coming weeks. Zaryski's programs will not only utilize WinSport's Performance Training Centre, but WinSport Canmore and the Beckie Scott Training Centre on the Haig Glacier.

"Cal's knowledge, expertise and extraordinary reputation in the endurance sport community is the perfect complement to the world class facilities at WinSport, especially the cycling studio and the Performance Training Centre, which will open in stages over the coming months," said Dr. Stephen Norris, WinSport's vice-president of sport.

Program registration will open next month at www.winsport.ca or by calling WinSport's Guest Services department at 403-247-5452.

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About WinSport

The Winter Sport Institute 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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