

Rugby Canada Ticker: Buy your tickets now to Canada vs USA in Edmonton - July 11th



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RUGBY CANADA

Rugby Canada: Newsletter

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CANADA HEADS FOR THE HILLS FOR CROSS TRAINING

Monday, June 15, 2009 - Submitted by Doug Crosse in Denver, Colorado



With a few days off from the rugby pitch over this past weekend – the Canadian team enjoyed some white water rafting on Saturday – and then took advantage of the beautiful mountains outside Denver to do some cross training in the form of altitude orienteering.



With forwards paired with backs – each team had a wrist transponder that interacts with various electronic check points that are found on the twisting trails some 5,600 feet high.

Staff participated as well – with the group doing a beginner course and then a more advanced course once the learning curve had been achieved.

Despite being in top form some of the players admitted it was a pretty strenuous work out – but the vista overlooking Denver and the other Rocky Mountains were generous equalisers.

Top performers were front row Doug Wooldridge and centre Bryn Keys (pictured) with a time of 38:00 mins. Second spot went to Ander Monro with his partner Dean Van Camp – admittedly a stacked side based on having a wing and fly-half on one grouping. Just behind them was the coaching duo of Kieran Crowley and Morgan Williams at 39:42.

With the weekend behind them – the team was back on the training pitch preparing for this coming Sunday's Plate final pairing with the Argentina Jaguars. The team will be named later in the week.

The match will be available live on Setanta TV in Canada – 12:05 MST – 2:05 EST or you can listen to a live audio broadcast of the game for free on U-Stream - www.ustream.tv/recorded/1658675

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