



MEDIA ADVISORY

FOR IMMEDIATE RELEASE

February 25, 2019, OTTAWA, ON

Ski Day on the Hill – Bringing Parliamentarians and the Public together to celebrate Skiing on Parliament Hill

“Join us for an experience of a lifetime, skiing on Parliament Hill with MPs/Senators, friends of the skiing community of the Ottawa/Gatineau area and 9 High School students from Fort-Coulonge, QC who are skiing to Parliament Hill to celebrate winter and Ski at School programs!”

OTTAWA – The fourth annual Ski Day on Parliament Hill happens on Wednesday, February 27 from 11:30 am till 1:00 pm as the National Capital Region gets ready to host the Canadian Cross-Country Ski Championships from March 13 to 20th.

This event is hosted by Senator Marty Deacon, and promotes National Health and Fitness Day - an initiative to challenge Canada to become the Fittest Nation on Earth.

This year, a group of cross-country skiers from Fort-Coulonge QC will be arriving on the Hill after skiing 140 km.

Ski Day on the Hill was started by former Senator Nancy Greene Raine with support from Cross Country Canada and Nakkertok Nordic Ski Club. The event brings together Parliamentarians and the general public to ski on a track, set by the groomers from [SJAM](#) Winter Trail, on the west lawn of Parliament Hill.

The goal of Ski Day is to promote cross-country skiing as an excellent form of physical activity, and to showcase the potential for schoolyards across the country to be transformed into ski tracks through the winter months.

For more information on National Health and Fitness Day (Saturday, June 1st, 2019), visit www.NHFDcan.ca and follow @NHFDcan on Twitter.

What: Ski Day on the Hill

Skis, boots and poles provided to MPs, Senators and Media

When: Wednesday, February 27, 2019 11:30 am – 1:00 pm

Where: On the west lawn in front Parliament. There will be a 5-metre-wide cross-country ski Classic & Skate ski track set in a circle on the west side of the main path, between the Centennial Flame and Centre Block.

Who: Senator Marty Deacon

Purpose:

- To raise awareness of National Health and Fitness Day on June 1, 2019
- To announce the Canadian XC Ski Championships from March 13-20 at Nakkertok Nordic Ski Club in Gatineau
- To highlight cross country skiing as a great form of physical activity for all
- To bring together cross-country skiing partners with federal legislators
- To demonstrate what can be done on school playing fields across Canada
- To welcome 9 Fort-Coulonge High School students and their Principal to Ottawa. These students are skiing from their school, starting on February 24th to Parliament Hill. They will ski over 140 km in 3 days to celebrate active living in the winter and to show what can be done with a Ski at School program.
- To have fun and “Celebrate Winter” on Canada’s “House”!

FOR FURTHER INFORMATION:

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Proposed Agenda

12:05 – Pierre Lafontaine (former Cross-Country Canada CEO), Master of Ceremonies, will welcome all the skiers and introduce Senator Marty Deacon. Senator Deacon will speak and introduce John Weston, former MP and Chair of National Health and Fitness Day.

12:10 – The MC will introduce Jennifer Tomlinson, Chair of Cross Country Canada and the CCC mascot “Klister”. Ms. Tomlinson will say a few words about cross country skiing in Canada and highlight the Canadian Championships being held in March.

12:13 – MPs to speak. Order and attendance TBD.

12:20 – MP Will Amos will introduce the skiers and Principal Stephane Bouchard (lead of the Ski at School project in the Pontiac region) who have skied to Parliament Hill from Fort-Coulonge, over 140km.

12:23 – Photo op with Ministers, MPs, Senators, “Klister” and local skiers.

12:30 – Cross Country ski on the course with youth skiers, Canadian Ski Patrol members, MPs and Senators.

12:40 – Senator Marty Deacon to close the event, thank everyone and speak about working together to make Canada the Fittest Nation on Earth.