



Pacific National Exhibition

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FOR IMMEDIATE RELEASE

NEWS RELEASE

PNE AWARDS SEPTEMBER'S MIRACLE MILE ATHLETE BURSARY TO PROMISING ABBOTSFORD SWIMMER AND MODERN PENTATHLETE COURTENAY LANDSIEDEL

VANCOUVER, BC – The Pacific National Exhibition's September 2007 Miracle Mile Athlete Bursary has been awarded to Abbotsford's Courtenay Landsiedel, an extremely talented swimmer and modern pentathlete

For most high school students, the summer is a time to relax and enjoy the two-month hiatus from school. For Courtenay Landsiedel, however, summer means increased training time in order to ensure continued success in the sports to which she has committed herself over the past two years: swimming and modern pentathlon.

Modern pentathlon is an up-and-coming sport that includes 10M-air pistol, running, fencing, swimming and equestrian. Finding time to keep up with training for each of these sports is exhausting just to think about, but this determined young woman has the drive, passion and time management to pull it off very successfully.

If there were ever a question about Courtenay's dedication to her sport, you only have to look as far as her training schedule to determine just how committed she is. With pool training alone taking up to 16 and a half hours each week and dry land training such as running, cycling and core work taking up another several hours each day, it is a wonder how school and other extracurricular activities figure into the equation at all. However, Courtenay manages to find balance between sport, academics and volunteering. Finishing her first year of university with a 4.25 GPA, hard work is second nature for Courtenay.

In addition to her sports training, Courtenay volunteers as a swim coach for the Special Olympics Swimming Organization of Abbotsford as well as with several other swimming teams and organizations. The talent doesn't end with her athletic ability; Courtenay is also an accomplished musician. Playing the oboe since 2003, she plays each week with the Abbotsford Concert Band and has performed at community events ranging from Remembrance Day Ceremonies to the 2004 BC Summer Games.

"Courtenay has developed into a really well-rounded, mature athlete," says Brian Metcalfe, Head Coach of the Langley/Abbotsford Olympians Swim Club. "Punctuality, determination, goal setting and selflessness are all important skills developed through being a member of our club and at her young age, Courtenay is really showing great development in all of those skills. Her future looks extremely bright."

Goal setting is something that Courtenay seems to have down to a fine art. At 18 she already has her sights set on placing at least third at the Olympic Trials in Montreal in 2008 and winning gold at the Canadian Modern Pentathlon Nationals.

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"We are so pleased to award Courtenay the September 2007 Miracle Mile Athlete Bursary,"

says Michael McDaniel, President and CEO of the Pacific National Exhibition. *“She is an outstanding leader in the sports community and a well-rounded individual who understands the value of hard work and dedication. We know that this bursary will help further her goals and future travels related to her sports.”*

For more information on the PNE’s Miracle Mile Bursary visit www.pne.ca or call 604-251-7708.

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Owned by the City of Vancouver, the Pacific National Exhibition (PNE) is a healthy and vibrant non-profit charity organization dedicated to providing over 3 million visitors a year with first-class cultural, sporting and family entertainment events. Founded in 1910, the PNE operates from a 114-acre site at Hastings Park, a multi-facility venue in Vancouver where the organization operates four activity streams: an annual 17-day Fair, Playland Amusement Park, maintenance and care of the Hastings Park site and management of the site’s year-round facilities. These facilities are utilized to celebrate a variety of hockey, amateur sporting, music, community, social, cultural and commercial events throughout the year.

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