



KIRSTY EXNER

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Sports Awards and Achievements

Skiing 2006-1999:

- ✓ 7th in recent North American Freeskiing World Tour in Kirkwood California, Apr 2006.
- ✓ 5th in Molson Freeskiing Challenge at Red Resort Jan 2006
- ✓ Bronze medallist in US Free-skiing Nationals in Utah Jan 2001
- ✓ Two-time silver medallist in Alaskan World Free-skiing Championships April 2000
- ✓ 5th place in US Free-skiing Nationals in Utah Jan 2000
- ✓ Silver medallist in Kokanee Freeride Challenge at Sunshine, AB March March 1999
- ✓ Gold medallist in Red Mountain Free skiing competition in January 1999

Biking 2008-2002:

- ✓ 7th in BC Bike Race (7-day stage enduro mtn bike race) Vancouver June 2008
- ✓ 3rd in BC Cup DH race held at Red Mountain 2003
- ✓ 2nd in BC Cup XC race held at Red Mountain 2002
- ✓ 3rd in BC Cup DH race held at Red Mountain 2002

Other 2005-1999:

- ✓ Competed in Xterra Off-road triathlon (olympic distance) in Canmore , AB Aug 2004 coming 5th overall and 1st in my age category
- ✓ Competed in Gear Jammer 40km bike marathon race in Squamish , BC July 2004 coming in 14th overall and 1st in my age category
- ✓ Competed in Xterra Off-road triathlon (sprint distance) in Vashon Island , WA July 2004 coming in 3rd overall and 2nd in my age category
- ✓ Competed in Nelson BC Triathlon sprint distance in Aug 2003 and came 2nd in my age category
- ✓ Competed in the Blackjack XC ski 40 km Loppet winning my age category and coming 3rd overall, Feb 2002
- ✓ Judged for Red Mtn Molson Canadian Free-skiing Competitions 2002 – 2005

Ski Career Promotional Highlights

National and International Magazines, Newspapers, E-zines

- ✓ Nov 2006, "Getting Physical" Full page article in The Vancouver Province
- ✓ Nov 2006, "Getting into ski shape with a boxing twist" full page article in the North Shore News
- ✓ Oct 2006 Full page spread article in Vancouver Sun, "Workout packs a punch."
- ✓ Featured in two-page spread of Mtn Bike Action June 2006
- ✓ Featured in two-page spread article in Skiing Magazine, September 2005, titled "30 top ski camps in North America/Kirsty Exner's Women's Only Freeskiing camps"
- ✓ Received a full-page spotlight interview in Skier Magazine Spring 2002 issue 3
- ✓ Mentioned in Skier Magazine, Sept 2001, "Top 60 free-skiers you should know"



- ✓ Featured in 3 page article in Kootenay Mountain Culture magazine Winter 2005 titled "She bums"
- ✓ Featured in 2004 Qantas airline magazine - "Kirsty Exner's Women's Freeskiing Camps"
- ✓ Interview on Biglines.com article dated December 13, 2004

Video and TV interviews and appearances:

- ✓ Pontiac World of Skiing (OLN), CTV Travel, local photographers, 2000-2004 - "A day in the life of Kirsty Exner, World Extreme Skiing champ" on Ride Guide TV, 20-minute spotlight, 2002
- ✓ Core Culture, while competing at World Finals competition - "Red Bull Snowthrill of Alaska", 2000
- ✓ Promotional video for World Extreme Skiing Championships in Valdez AK, 2000
- ✓ North Cascades Heliskiing promotional video, which was also shown on Fox Sports
- ✓ "Export A – Go your own way" while competing at Extreme skiing competition at Red Mtn, 1999

Certifications

- ✓ CSIA Level II ski instructor
- ✓ CSCF Level I ski coach
- ✓ CMIC Level I mtn bike coaching course
- ✓ Physical Mind Institute Pilates Level I instructor
- ✓ Evolution Studios Pilates Level II instructor
- ✓ BCRPA Group Fitness Leader
- ✓ CFC (CSEP) Fitness Consultant and Appraiser
- ✓ CANSI Level I cross-country ski instructor
- ✓ Twist Sport Conditioning Specialist Level I

Entrepreneur

- ✓ Had my own business as a personal fitness trainer working out of various studios in North Vancouver for two years prior to commencing the Masters of Physiotherapy program at UBC
- ✓ Invited to give a motivational speech for BC highschool field hockey provincials Oct 1, 2006.
- ✓ Community Futures "Entrepreneur of the month" January, 2004
- ✓ Hosted, advertised, organized, and instructed women's ski camps at Red Resort for 9 years
- ✓ Co-hosted, advertised, organized, and instructed women's bike camps in Rossland for 3 years
- ✓ Developed new, innovative fitness programs and classes year-round for clients in Rossland and in Vancouver for 10 years
- ✓ Organized running and mountain bike events in Rossland
- ✓ Have created and designed various posters and other promotional material for all of my programs as well as have my own website
- ✓ Have written many press releases on all of the upcoming programs I had going on