

2010 Mountain Idol Winner

Heidi Widmer – Cross Country Skier



Selected to the high performance Alberta World Cup Academy Team for the last 3 years; multiple winner of Canadian Sprint Championship

Represented Canada at the World Junior X-C Ski Championships for the last 3 years
In the community, Heidi volunteers as an athlete ambassador with %ast and Female+ and at the Canmore Gymnastics Club.

She maintained honor roll standing throughout high school and was awarded the Senior High School Athlete of the Year, the Tollestrup Memorial Award for Athletics, Academics and Leadership, and the Banff Opportunity/Marika Laub Memorial Fund Award for her achievements in academics, athletics, and community service.

2010 Mountain Idol Finalists

Elise Sethna - Climber



Won Youth National Championship, 2009 and 2010

Winner of the Youth Cup, 2009 and 2010

20th place, Youth World Championship, Valence, France, 2009

In the community she is a member of the Banff Community High School Green Team, student council, Through the Lens Photography Club, plays saxophone in the high school band and has maintained honor roll standing since grade 7

Emma Lodge – Cross Country Skier



Most improved skier 2008

In 2009 won several North American Cup races, raced in France, and was a multiple National Champion

Nominated to the Canadian Biathlon Development team 2010

Emma has a positive personality and is a big team player who helps create a very fun and supportive environment for teammates and coaches. She has developed a high level of mental toughness through hard work and dedication to self-improvement.