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News Release

SEAMUS O'REGAN HOSTS and CUDDY SINGS at GOLD MEDAL PLATES

ST. JOHN'S (October 26, 2009) – In cities across Canada, athletes, top local chefs and Canadian wineries have been teaming up in an effort to raise funds for Olympic and Paralympic athletes in a national project called Gold Medal Plates. Since its inception in 2004, Gold Medal Plates has donated more than \$2.8 million to support Canadian Olympic and Paralympic athletes and has elevated the profile of Canadian cuisine and wine. On November 12, 2009, Gold Medal Plates will make its first-ever appearance in St. John's and event organizers are thrilled that Seamus O'Regan, co-host of CTV's Canada AM, will act as host, while Jim Cuddy from Blue Rodeo (recently inducted into the Walk of Fame) will perform at the St. John's convention centre.

"I am so happy that such a prominent and well known celebrity as Seamus has chosen to return to his native Newfoundland and Labrador to help us with this exceptional charitable event," says Scott Giannou, Chair of St. John's Gold Medal Plates. "And the guests will be in for quite a show when Jim Cuddy gets up on the stage!".

Founded in 2003, Gold Medal Plates is the ultimate celebration of Canadian Excellence in food, wine, entertainment and athletic achievement. Celebrated in seven cities across Canada in 2009, including Edmonton, Vancouver, Calgary, Ottawa, Montreal and Toronto, Gold Medal Plates features premier chefs in each city paired with Canadian Olympic and Paralympic athletes in a competition to crown a gold, silver and bronze medal culinary team in each city, and subsequently nation-wide. Wine auctions, silent auctions and live auctions are held to help raise additional funds.

"Our goal is to make sure our athletes reach their goals," says Stephen Leckie, Gold Medal Plates CEO and Co-Founder. "The Gold Medal Plates program is helping to provide Canadian athletes with the tools and resources they need to compete at the highest level. We are proud to engage Canadians across the country with this event as we all look towards 2010 and beyond."

"Gold Medal Plates has shown a real commitment to our Olympic and Paralympic hopefuls," says Chris Rudge, CEO, Canadian Olympic Committee. "The funds are making a tangible difference in the training and preparation of our athletes leading up to 2010 and 2012."

Competing chefs are:

Brian Abbott, 7...a restaurant
Mike Barsky, Bacalao
Gregory Bersinski, Bistro Sofia

Tak Ishiwata, Basho
Ivan Kvutukchiev, Bianca's
Roary MacPherson, The Cabot Club

Mark McCrowe, Aqua
Jeremy Charles, Atlantica

Featured Olympic athletes in attendance on Nov. 12th are:

Adam van Koeverden – Canoe/Kayak, Olympic Gold, Silver and Bronze Medallist
Marnie McBean – Rowing, Three-time Olympic Gold and Bronze Medallist

There are still tickets available. For more information: www.goldmedalplates.com or 709-691-1537

The Canadian Olympic Committee (COC) is a national, private, not-for-profit organization committed to sport excellence. It is responsible for all aspects of Canada's involvement in the Olympic Movement, including Canada's participation in the Olympic and Pan American Games and a wide variety of programs that promote the Olympic Movement in Canada through cultural and educational means. For news and information, visit the COC website at www.olympic.ca and find the team on both Facebook (Canadian Olympic Team) and Twitter (CDNOlympicTeam).