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News Release

CANADIAN OLYMPIC ATHLETES & TOP ST. JOHN'S CHEFS TO COMPETE FOR CULINARY GOLD MEDAL

ST JOHN'S, NFLD: Three-time Olympic Gold and Bronze Medallist Marnie McBean and Olympic Gold, Silver and Bronze +Medallist Adam van Koeverden will be the keynote speakers as eight of St. John's most accomplished chefs compete for top honours at the Gold Medal Plates Gala on November 12th at the St. John's Convention Centre.

The event, one of seven across Canada this year, pairs premiere chefs with Canadian Olympic and Paralympic athletes in a competition to crown a gold, silver and bronze medal culinary team. A team of national food critics will decide the top three winning chef creations. Along with medals and bragging rights, the winners will receive an opportunity to compete for a national title on November 27 and 28, 2009 in Vancouver.

The taste buds of those attending the event will also be winners as guests will have the opportunity to sample each chef's creation and a selection of great Canadian wines. Participants will also have a chance to meet and mingle with the chefs and featured athletes, and participate in a fabulous live and silent auction.

At the event, eight of St. John's top chefs will compete for the Gold Medal Plate. Their signature dishes will be accompanied by some of the finest wine made in Canada. Competing chefs include Brian Abbott (7...a restaurant), Tak Ishiwata, (Basho), Mike Barsky (Bacalao), Ivan Kvutukchiev (Bianca's), Gregory Bersinski (Bistro Sofia), Roary MacPherson (The Cabot Club, Sheraton Hotel - Newfoundland), Jeremy Charles (Atlantica) and Mark McCrowe (Aqua)

A highlight for many in attendance, will be hearing first-hand the inspiring personal stories of Olympians Marnie McBean and Adam van Koeverden. Marnie McBean is one of Canada's most decorated Olympians, and an expert in turning potential into performance. As one of only two Canadians ever to win three Gold medals in the Olympic Games, she is used to performing under pressure. Her 12 World and Olympic medals bear witness to this. After a record-breaking rowing career, she is now Manager of Olympic Preparation with the Canadian Olympic Committee. In the years leading up to the Beijing 2008 Olympic Games, she worked closely with athletes to prepare, emotionally and psychologically, helping to transform their potential into reality. She has the same role leading up to the Vancouver 2010 Games. Her job, simply, is to ensure the highest performance possible. Adam van Koeverden is also one of Canada's most decorated Olympians. He has won three Olympic medals at two Olympic Games and was the flag bearer for the Canadian Olympic Team for the opening ceremonies at the Beijing 2008 Olympic Games. He intends to compete at the 2012 games and therefore will no doubt surpass his current nine World and Olympic medals. Both of them will share their stories with the guests at the St. John's Gold Medal Plates event.

Since its inception, 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. For more information: www.goldmedalplates.com

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).

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