

## 2016 Banff Mountain Festival - Mountain Idol

### 2016 Mountain Idol Winners:

#### Sara Frangos and Becca Frangos



Climbers, Twin Sisters, 2016 Finalists. 18 years of age.

Canadian National Team Climbers. National Champions in 2016.

Big work ethic and always take the high road. Climb at a grade of 13.d outside.

#### Matt Monod



Mountain Biker, 20 years of age.

Founder of Matt & Friends, Mountain Bike Clinics and camps for Bow Valley youth.

Role model, coach and mentor for alpine skiing, mountain biking and for living a healthy, active and balanced life.