



COLORADO AVALANCHE UPDATE

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AVALANCHE NOTES

LANDESKOG VOTED TO ALL-STAR: Avalanche captain Gabriel Landeskog was selected to participate in the 2019 NHL All-Star Game following the league's "Last Men In" fan voting. Landeskog was voted as the Central Division's final player and will join teammates Nathan MacKinnon and Mikko Rantanen at the 2019 Honda NHL All-Star Game on Saturday, Jan. 26, at the SAP Center in San Jose, California. This year marks the first time that three Avalanche players will participate in an NHL All-Star Game since 2003-04, when Rob Blake, Joe Sakic and Alex Tanguay competed for the Western Conference in Minnesota.

RANTANEN REACHES 20: Mikko Rantanen tallied his 20th goal of the season on Wednesday in Calgary, becoming only the second player in Avalanche history (since 1995-96) to score 20 or more goals in each of his first three full NHL seasons. Chris Drury scored 20-plus in his first four years.

"He had a great game, all around, both sides of the puck. Just real firm on the puck when he had it. In battles, strong, created a lot of opportunities for himself and for his linemates. I just thought he was in the right spot all night long. I was really happy with how that line played."

— Avalanche head coach Jared Bednar on Carl Soderberg's performance against the Toronto Maple Leafs on Monday

UPCOMING GAMES



Wednesday, January 16 at Ottawa Senators
Canadian Tire Centre, 5 p.m. MT, TV: Altitude, Radio: 92.5 FM

The Avalanche wraps up its season-long, five-game road trip at the Ottawa Senators on Wednesday. Colorado won the first matchup between the clubs, 6-3, on Oct. 26 at Pepsi Center. The Avs have won five of their last eight games at Ottawa.



Saturday, January 19 vs. Los Angeles Kings
Pepsi Center, 1 p.m. MT, TV: Altitude, Radio: 92.5 FM

The Avalanche returns home to take on the Los Angeles Kings on Saturday afternoon, Colorado's first home contest since Jan. 4. Saturday's game is technically the beginning of a season-long, five-game homestand for the Avs, which will be broken up by the All-Star break and Colorado's bye week. It's also the first game of a double-header with the Denver Nuggets at Pepsi Center.



Monday, January 21 vs. Nashville Predators
Pepsi Center, 1 p.m. MT, TV: Altitude, Radio: 92.5 FM

Colorado hosts the Nashville Predators on Martin Luther King Jr. Day, the second straight year Colorado has hosted a contest on MLK Day and the sixth time hosting overall. It's the third of four meetings between the Central Division opponents this season and the final matchup at Pepsi Center.

UPCOMING SCHEDULE

Day	Date	Location	Time
Tuesday	Jan. 15	Practice at Canadian Tire Centre	11 a.m.
Wednesday	Jan. 16	Morning skate at Canadian Tire Centre	9:30 a.m.
		Game #47 at Ottawa Senators	5 p.m.
Thursday	Jan. 17	No practice	
Friday	Jan. 18	Practice at Family Sports	11 a.m.
Saturday	Jan. 19	Game #48 vs. Los Angeles Kings	1 p.m.
Sunday	Jan. 20	Practice at Family Sports	11:00 a.m.
Monday	Jan. 21	Game #49 vs. Nashville Predators	1 p.m.

*All practice dates/times are subject to change, all times mountain

CENTRAL DIVISION STANDINGS

TEAM	GP	W	L	OT	PTS
Winnipeg Jets	45	29	14	2	60
Nashville Predators	47	27	16	4	58
Dallas Stars	46	23	19	4	50
Colorado Avalanche	46	21	17	8	50
Minnesota Wild	45	22	20	3	47
St. Louis Blues	44	20	20	4	44
Chicago Blackhawks	48	16	23	9	41

AVALANCHE LEADERS

Category	Player	No.
Goals	Gabriel Landeskog	28
Assists	Mikko Rantanen	48
Points	Mikko Rantanen	69
Power-Play Goals	Mikko Rantanen	10
Shorthanded Goals	J.T. Compher	2
	Carl Soderberg	2
Penalty Minutes	Ian Cole	60
Time on Ice/Game	Nathan MacKinnon	22:11
Game-Winning Goals	Gabriel Landeskog	7
Goals-Against Average	Semyon Varlamov	2.83
Save Percentage	Semyon Varlamov	.908

PLAYER SPOTLIGHT

Carl Soderberg

Position: Center
Height: 6'3
Weight: 210 lbs.
Shoots: Left
Born: October 12, 1985
Birthplace: Malmo, Sweden



Soderberg registered his first career hat trick on Monday night against the Toronto Maple Leafs. He also tallied his second shorthanded goal of the campaign, the third of his career, and is now tied with J.T. Compher for the team lead in shorthanded tallies. Soderberg's 15 goals this season ranks fourth on the team and is one marker shy of matching his career high, which he has achieved twice (2013-14 with Boston and 2017-18 with Colorado).