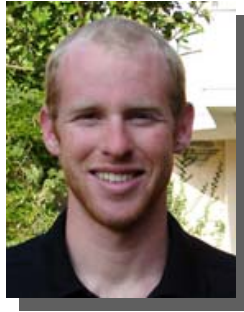


The Final Preparations

By Chris Hamilton
NDC Member 2010/2011



The last month of dryland training has come and gone in Thunder Bay, with the snow beginning to pile up and the skiing at its best in many years. The National Development Centre in Thunder Bay has taken full advantage of this early gift of snow to fill two weeks of training with high ski hours and two great on-snow intensity sessions to prime the engines for the upcoming racing of December. It has been a month of perfect training and the team is ready to rock.



“Now that it’s race time, everything seems to snap to the forefront of attention.”

This amazing transition from the training season to December racing has been such a difference from most Novembers in Thunder Bay, as it often would involve rain, little sun for weeks and lots of roller skiing. Not this year. Lappe received its first major snowfall on November 13th, and we were skiing the next morning in near perfect conditions. Lappe is now in midwinter condition and Kamview will be with a couple more snowfalls. These perfect conditions allowed Lappe to host its first local race of the season, a Time Trial event meant to mimic the feeling of a ski race, everything down to bibs and splits.



Erin hammering an uphill (photo: Jim Cameron)

These conditions allowed the team to squeeze the most out of our training leading into our first trip out to Silver Star ski resort and the Canada Cup races at Sovereign Lakes and Rossland. The extra on snow time has really paid off as everyone has acquired their ‘ski-legs’ within a couple days out here in BC. Never before have I seen a team more relaxed and confident in their abilities and the level of preparation they have completed. Not one word of regret or excuses. Everyone has really stepped up their game this month and it has obviously paid off.

With the first major races of the season approaching everyone is doing their final adjustments to their training and equipment preparations. It’s like Christmas come early for most skiers as their new stock of equipment arrives. There are new skis to wax and new poles to cut. New boots to try and most importantly, new race suits to model. Oh the excitement.



Harry leading Andy in the Lappe TT (photo: Jim Cameron)

Now that it’s race time, everything seems to snap to the forefront of attention. How much sleep am I getting, how much more can I squeeze out of this workout, and how can I ensure I’m at my best for the first race. But it really seems to sink in those moments leading up to the first race just how much you’ve accomplished in training over the last seven months. The hundreds of hours of rollerskiing and running, set after set in the weight room, and every intensity block completed. The most important preparations are already done, they were accomplished months ago. And now, it’s go time!

I would like to give a huge thank you to my amazing sponsors, Laura Fralick of NorMaxx Financial Group and Dr. Blair Schoales Medical Professional Corporation, and my employers Fresh Air Experience and Kamview Nordic Center.