

Racing, Eggnog & an Awesome Analogy

By Dudley Coulter
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The month of December is always so much fun, well at least for us. For some, December means spending tons of money, stressing over what you should buy your parents for Christmas or maybe hosting dinner parties night after night, even if you really don't want to. December is a month for family and friends, but most of all it is the start to the NorAm circuit here in Canada. Many people would disagree with that, but chances are you're a skier or someone that enjoys sport.



I would much rather have a full season of steadily building to the top, than starting at the top and falling to the bottom.

After our teams' much needed rest from each other, some eggnog/rum and quality time with family we have once again commenced in Thunder Bay to prepare for this weekends' Ontario Cup, and even more so the World Junior / U23 Trials at the 2010 Olympic venue is Whistler, BC. Hopefully all of our fans had a great holiday season and we will see you on the trails.

I would like to thank my personal sponsors; Rossignol, OneWay, Canadian Celiac Association, Rollin' Thunder, Barrick – Hemlo Gold Mine, Cream Hill Estates Oats, Active Rehabilitation, Chris Shperuk RmT Pizza Hut Marathon & Marathon Home Hardware. Also multiple families and friends that make my dreams a possibility.

The first two weekends of racing were great; it felt so good to get rid of the 'race jitters' and get this season going! Our team put out in a solid effort this dryland season, and it is already showing. Some people had stellar races, others mediocre and some not so great. However at this point, it doesn't matter too much. Many people get caught up in early season racing, "he's racing so fast right now" or "wow, she is much slower than last year". The early season is like a new Tim Horton's opening up, the first few days are slow because no one knows about it yet, within a week there is lineups around the corner because everyone is addicted to coffee. The first few weeks of racing usually isn't our best, but we are addicted to it, so we keep on going and eventually we are all racing faster than ever! We just have to keep our heads up, just like the owner of the new Tim Horton's. Ski racing is the same way, at the beginning of the season you cannot expect to hammer out your best results. You can't go into the race thinking its' going to be crappy either, but going into an early season race with the mentality of a certain result in your head is a mix of disaster. The best thing to do is focus on things you have learned throughout the summer such as technique, tempo or whatever else it may be. Pre Christmas racing, I always assess my race during the cool down BEFORE I look at results. If I skied well and hit all of the goals I layed out, it was a good race no matter the result. Sometimes you can be let down, others are a big surprise. Some people race really fast early season and after Christmas they flat out suck. With NDC's training plan, we are meant to start at a steady pace and slowly but surely get faster throughout the season.