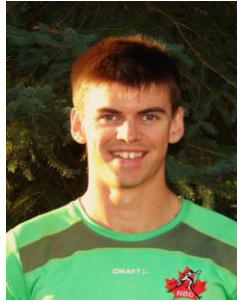


## On the Road Again Part II - Let's Make it Three for Three

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**A**fter an amazing week and a half of training in the beautiful mountains and cloudless skies of Northern Italy, we were finally hit with some snow in Stelvio Pass. And when the snow hits up there, it doesn't mess around. After a week and a half of seeing not a cloud in the sky, we were hit with 3 days straight of fresh snow, accumulating to over 2 feet! While this may have prevented us from skiing one of the days, we didn't let the snow stop us from taking advantage of the great training opportunities that Stelvio Pass has to offer. In our last few days in Italy, we enjoyed some more excellent skiing conditions at 3200m, and got in another great running intensity session down the mountain, a little ways from Bormio.



Break time during the day when there was 'too much snow to ski'.

Our week in Schladming/Dachstein was filled with great training both on and off the snow, as well as some great food provided by Haus Katharina and the Wintergarten restaurant. After being nicknamed, much to my dismay, "The Garborator" during this camp, I feel that it is my duty to report my views on the superb food that we encountered over our three weeks in Europe. All three venues provided us with an amazing spread of food for all three meals of the day, but I would have to give the people in Val Senales the title for best lunches and dinners. While it may have been pasta for every meal, they had so many different kinds and cooked it all so perfectly that it never seemed like you were eating the same thing.

Italians really know how to cook their pasta, who knew? On the breakfast side of things however, Haus Katharina definitely takes the win in my books. Katharina had all of the regular foods we had seen in Europe, with the added bonus of delicious pastries and even, on the last two mornings, some of the best pizza I have ever tasted.



Skiing on Stelvio (Erin, Chris, Andy, Jimmy, Jordan, Dudley)

Thanks to all of this awesome food, it's pretty safe to say that none of us ever really suffered from being under fuelled for our workouts. In the mornings we would drive up to the gondola and usually be on snow by 8:30am, and finish between 10:30am and 12:00pm, depending on our hourly quotas for the day. We would then head back down to Schladming for some lunch and a few hours of recovery, before heading out for workout number two, which usually came in the form of either strength or some hard intensity.

On Saturday morning, we headed up to the glacier for our last ski of the camp, before packing up the van, which was no easy task with 7 people, their ski bags and duffels, and heading to Munich for our last night in Europe. We found a great restaurant to treat ourselves to some fantastic German cuisine (sausages and sauerkraut, YUM!), and then hopped on the train and headed for downtown. We enjoyed a few very fun hours wandering around downtown Munich, and even got to check out the Hofbrauhaus, which I've learned, and couldn't agree more, is a must see for anyone visiting Munich.

This camp has been the best training camp of my career so far, no questions asked. The training that Eric managed to find for us, not to mention always at the last second due to constantly changing snow conditions, was some of the best training I've ever done, so hats off to Eric! The team is now back in Ontario enjoying a recovery week, and then it'll be back into some hard training to start preparing for race season. After all, the first races are just around the corner!