

Pique Article 27.11.07

Lake Louise

It's time to strap the race skis on and go 120 kilometers down the ski hill. That's right, it's downhill season! We have just arrived in Lake Louise and the training runs are underway. It may be hard to believe, but going 120km's down a ski hill is really fun!

The men raced in Lake Louise last weekend, both Downhill and Super G. They had some excellent results and now this weekend it will be our turn to step up and perform.

At the men's Bombardier Winterstart races in Lake Louise Jan Hudec made the history books when he won Saturday's Downhill. The last time a Canadian won a Downhill on home soil was back in 1989 when Rob Boyd stepped on top of the podium at the World Cup in Whistler. Now he is one of our coaches so maybe his winning abilities will transfer over to us! In Sunday's Super G race the guy's claimed 3 positions in the top ten. The challenge is on!

While the men were in Lake Louise, we were in Panorama, where we raced Giant Slalom and Slalom events. World Cup technical events have not been held on Canadian soil in many many years! It was so exciting to be racing technical events in Panorama, in Canada. The town was so happy to see the world stage brought to the area and the races were great! The crowds were out, the weather was cold and we were ready to race. It was my first

GS race of the season and I was really pumped to be starting in Panorama on a hill that I had trained on a lot!

Seeing the spirit and the atmosphere in Panorama this past weekend made me excited about what is to come for the World Cup events in Whistler. When we are on the road in the winter the World Cup is our life – to be able to bring that home for Canada to see is amazing motivation to perform.

The conditions in Panorama proved to be pretty tough as they had injected 12 of the gates in hopes to improve the snow conditions – but instead it kind of made the gates feel more like a skating rink! Now, I grew up skiing in the Whistler and we don't really see a lot of ice around these parts, so I would say that ice isn't my strength!

I was starting 64th and knew I would need a fast run to get into the top 30, unfortunately I didn't make the second run. However, there were some great things to take from the run and from the race – one of them being I no longer want to start 64th! Everyone has to start somewhere, but maybe this weekend I'll work on getting some great results so that I can get 400 world cup points and start right after the top 30 in Giant Slalom!

It's important to feel confident in the start and I felt that. This will only help me for the upcoming races this weekend, when Lake Louise is going to see just how strong this women's speed team is!