

Jarah Forrer 2016/17 Overseas Report

At the beginning of December, I left Australia for the United States to begin training with the other junior team members, based at Sun Valley, Idaho. Prior to leaving Australia, I had been putting in some good hours and was feeling fit so I was becoming really excited as the trip was to be my first overseas training and racing experience, and the first time I have skied outside of Australia.



Jarah racing in the 10km Freestyle at the 2017 World Junior Championships, Soldier Hollow, Utah, USA

When we arrived in Sun Valley, we were lucky enough to already have a small layer of snow, so on snow training began right away! Over the next couple of months, in preparation for World Juniors in Soldier Hollow, Utah USA, we trained on the local trails and made a road trip south to Soldier Hollow, just a short drive from Salt Lake City. Here we competed in the US National Championship events on the same trails that World Juniors were to be held a few weeks later. Unfortunately our team was struck by gastro, and I didn't have the best races here, but I wasn't too worried as there were more races still to come.

The next weekend back at Sun Valley, we skied in a couple of junior FIS races that were being held there. In the 10km skate I skied what would be my best race of the entire season. This allowed me a start in the 10km skate and boys



Jarah racing in Sun Valley USA

4x 5km relay team at the World Junior Championships. As I had left Australia with no qualifications whatsoever, I was pretty happy to hear this.

At the World Juniors in the 10km individual skate, I was one of the lowest ranked skiers on the start line; this meant I was one of the first skiers to start. A highlight of this race was racing Seve (who started one minute behind me) down the finish straight. Five days later, myself and the other 3 junior boys (Matt, Liam and Seve), had a race in the relay, the first team that Australia has put together in something like 15 years. The conditions on that day were really warm, so although each leg was only 5k it was really tough for everyone. It was amazing too see and hear everyone cheering for our team as our last leg skier came over the line. Most people seemed to be surprised that our country was even competing at all!

I would like to take this opportunity to thank the Birkebeiner Nordic Ski Club for supporting my first overseas experience, and for the use of a pair of roller skis which allowed me to prepare myself for this trip.

Jarah