

## 2018/19 Overseas Report

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This year I took a different approach to my northern hemisphere winter. I spent a short stint in Finland in November training and racing with the goal to attain the A qualification standard for the 2019 World Championships in Seefeld. I was pleased to attain the FIS points required and was able to make the trip back to Australia to continue my preparation for World Champs while working to acquire the funds needed to be on the start line in Seefeld, February 2019. My results were a little bittersweet, I had been aiming higher, but I am proud of what I was able to achieve given the constraints I had during my preparation. I always race much better when I have a number of races under my belt, but this was not possible this year. I am always proud to represent Australia in cross country skiing and I am so thankful for the support from the Birkebeiner Ski Club. I placed 71<sup>st</sup> in the freestyle sprint, 55<sup>th</sup> in the skiathlon, 69<sup>th</sup> in the 10km classic and 48<sup>th</sup> in the 30km Freestyle. After experiencing only my second summer since 2002 I learnt a few things. Yes, old dogs do learn new tricks!

The following points provide an insight and may be of use to others making their way in our sport in Australia.

- It is still very hot in Australia in Summer!! This being my second summer in Australia since 2002! The hottest temp I saw this year was 47 degrees Celsius!
- Dairy cows and dairy farmers are tough! On Christmas day I was helping a cow calve and it was 39 degrees Celsius!
- Snakes are not as active as you might think on really hot days. On such days it's when the weather cools down a little that you need to be worried!
- Hot temperatures, while roller-skiing, make for great mental training! You know it's going to be a tough one when you're 20mins into your session and you're already roasted and dripping sweat!
- Always take 2-3 drink bottles with you. Two bottles for drinking and one for drenching yourself with!
- Training in hot temperatures doesn't really make it any easier to ski at +3 to +9 degrees Celsius! You still get too hot!
- As climate change ensues, you'll have all you need with 2 grip waxes: Rode Multigrade Klister and Multigrade Stick. Unfortunately, I can count the number of times I skied on stick this season on one hand!

Here's hoping for a great ski season in Australia this year! Happy skiing!

