

Chandra 's Update

June 2006

June 8, 2006 Truckee California



Routine For Success

As a cross-country ski racer I take 1 month off per year: April. I spend the other 11 months training, racing, and dreaming about what I'll do with my Magic Month. This year Devon and I had a great trip to Belize where we sea kayaked and camped on some tiny offshore islands. After that we heli-skied at Blue River and then I upped the fun ante a little more by coming home and having all 4 of my wisdom teeth removed. Oh wait... no, that part sucked.

But 10 days of pureed food and chipmunk cheeks later it was May and I found that I was nowhere near my usual level of "put me in coach, I'm ready to train!" energy. Luckily I have great people on my team looking out for me, and I received the best doctors prescription I've ever had: Chandra, you need to go on another holiday. Oh ho ho kay!

Off to Victoria I went for a visit with my best buddy Natalie. The above photo features her and her Grandma who got a good mental boost out of the gold medal medicine we gave her before her heart surgery. I spent 10 days on the island, the most fun of which were spent surfing (a sport that for me consists mostly of trying not to drown). I went to yoga class, chilled out, and worked some life strategies to not get so stressed out. One thing became clear, the persistence required to get from any point A to point B (mine being a good state for training) is helped a lot by having a daily routine.

We are creatures of habit, and here at training camp in Truckee, California the routine is a big part of what enables the body to handle a high volume of physical work. Every day we're up at 6 to ski on the leftovers from a great snow year that saw over 50 ft dump on the Truckee area. The camp routine of 3-4 hours of hard training day after day at an elevation of 2000m has also made me realize just how far into "recovery mode" I've managed to get. understand how strong the power of the routine is. **Routine is the essence of persistence and acting on your commitment to your goal.**

I find myself in awe of how hard my teammates train every day and I appreciate more than ever the amount of kms and buckets of sweat that we pour into this sport. Above all, I have emerged from a break from life in the skiing regime to

As much as I enjoyed the bit of touring that I did with the medal this spring (I did about 1/10th of the requests that came in for various things... pretty much the local ones with ski teams and schools), it became confusing what the point of each day was. Ok, maybe I *am* a total jock, lost without my sport...! What I mean is that with so many random options to consider, a couple weeks could go by without any sense of connection to a greater goal.

I'm still incorporating the surprise gold into my identity, and have had great advice from Catriona LeMay Doan, Jennifer Heil, Kyle Shewfeldt, and Beckie Scott. Consistently my gold medalist mentors have encouraged me to "enjoy talking to school kids because that's the best part, and otherwise insulate yourself from the hoop-la and keep training hard because that's what you love!" Deep down, as much as I enjoy the appearances and media, I am a ski racer, and right now is my chance to really go for it. I've also given myself an "I'll save the world in the 2011" clause, because it's hard to turn down the many requests that involve good causes, but between now and then I am dedicated to preparing for the Vancouver Olympics.

So here I am, gliding through the dirty slush that passes for snow in California in June, and feeling a shift of energy inside, just because I get to do this every single day. **There's an inner peace in having a sense of purpose, and sharing it with a team.**

There's a constant tug-o-war between patience and persistence, and the latter quality is what really gets it done. Every single day for months on end there are improvements to be made as we refine our routines to stretch ourselves into the dream of our potential.

Thanks for your support!

- *Chandra*

