

## Chandra's July 2007 Update

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Parties in Vancouver, coaching kids camps, rollerskiing in a pink cowboy hat in the Stampede parade... oh yeah, and training hard! This is what I've been up to the past month.

Well into heavy training now, I realize that what summer lacks in travel and racing, it more than makes up for in physical training. This past month I did a load of great training as well as some fun appearances.

The block of training was characterized by lots of intervals for me, some at a manageable level of difficulty and some exceeding the pain thresholds. My coaches drill me like a traffic cop "M'am, do you have any idea how high your lactic acid is?"

My focus remains on becoming a great classic sprinter, as mastering this technique has held me back in the past. I've done a lot of base training to increase my capacity to handle the intensity training I'll be doing to stretch out the amount of time I can hold my flat-out sprint pace for. In my dreams I imagine myself setting a pace that no one can sustain but me, and unleashing it on the unsuspecting world at just the right moment: The Canmore World Cups.

That's right, world cup racing action will be in my hometown of Canmore, Alberta once again this winter, with 4 races (2 sprints!) right here at the Nordic Centre January 22-28, 2008. Anyone who was at the Stampede parade on Friday already knows this of course, because while my team and I rollerskied in the parade with our pink cowboy hats and banners, I drilled the crowd with the World Cup info over the megaphone:

**"When I say WORLD CUP, you say CANMORE..."**

**WORLD CUP! \_\_\_\_\_**

**When I say WHEN, you say JANUARY...**

**WHEN?! \_\_\_\_\_**



***"L-R The Rollerski Princesses: Me, Perianne Jones, Amanda Ammar, Brittney Webster"***



***"Amanda carries the pumping tunes as we do some off-road rollerskiing en-route to the parade"***

So there's a slight chance that 1 or 2 people will actually remember and come out.

Other highlights in June were the "XCite" camp where I was out everyday meeting up and comers and their coaches and working on technique. I enjoyed meeting the kids from all over Western Canada, especially because their raw, wide-eyed motivation inspires me in my training.

The next fun event on the schedule was a trip to Vancouver for the gala fundraiser hosted by our beloved team sponsor Haywood Securities. This fabulous party held in a beautiful mansion in West Van is without a doubt a highlight of being on the national team. A chance to meet all kinds of team supporters who pay handsomely to attend the party catered by the culinary Olympic team and ditch the sweatpants for a dress and some heels... this only comes around once a year. The party was thoroughly enjoyed by all, even those who ended up in the pool at the end of the night.

Also while in Vancouver our team took the opportunity to climb Grouse Mountain with the local ski club and talk about ski technique with some of the cool kids out there.



***"No one escapes an inspection of their aerodynamic tucks when I'm around!"***

...I will be spending the last half of July on the Haig glacier in nearby Kananaskis country. I'm looking forward to one week of intervals back here in Canmore sandwiched between two weeks of long ski days on the glacier's 5km loop.

Thanks for stopping by the site,

Chandra