

## World Junior and U23 Update

By: Jenn Jackson

Since arriving at the mountain top resort of Cheile Gradistei-Fundata the team has been preparing for competitions on foot and wheel. Recent warm temperatures and rainfall wiped out the existing trails and the race organizer were working Friday and Saturday, trucking in and spreading snow to build 2.5km of trail.



Coaches were able to borrow a few pairs of rollerskis from a local club, which the team has been using since arriving on Thursday. On Friday, Alannah MacLean, Sadie White, Angus Foster, and Scott Hill, along with the rest of the Canadians, did a rollerski sprint workout to start the final tune-ups before races begin with the skate sprint on Monday.

By Saturday, all the nations competing in the World Championship had arrived in Fundata. To celebrate her birthday and recovery from a chest cold, Jenn Jackson did rollerski intensity down at the base of the mountain along with Scott, NDC alumni Jack Carlyle, and Blackjack racer Julien Locke.





On Sunday, the penultimate day before competitions begin, the course was opened. Women and men each had 1 hour windows during which they could test and train on the sprint and 2.5km courses. Wax technicians and coaches worked alongside athletes, testing skis and overseeing race prep intensity.





All five NDC athletes are slated to compete in tomorrow's skate sprint event. Qualification for the Under 23 categories begin at 9:00am local time with heats at 11:00, and the Junior sprint qualifier starts at 1:30pm with heats at 3:30.

