



Chandra's Update from World Championships... February 26, 2007

Conichiwa Girls!

Have you seen all the sweet pics in the photo gallery? Thanks to our photogs Dan Roycroft and Devon Kershaw, and Glen Crawford for capturing the moments.

Well Sapporo, Japan is totally beautiful with really awesome food... but those two things have sadly not been enough for our Fab Four World Champs Women's team to have the races of our lives. Tasha Betcherman, Sarah Daitch, Dasha Gaiazova and I have been hammering on the courses here and being hammered on by the other countries. It started off pretty rough when none of us made the top 30 in the classic sprint. I didn't ski very well (I even picked a bad line on the downhill!) and was 0.69 seconds from qualifying for the heats in 32nd place. Sarah and Dasha didn't have enough kick wax on their skis and didn't have much of a chance to show how fit and fast they are. Tasha saved her strength for the distance races (15km pursuit, relay, 10km skate, and 30km classic).

But it ain't over yet! Ohhhh no. Tomorrow all four of us are racing a 10km skate, and on Thursday we will be representin' in the relay. Not to mention that having a really bad day can be just the kick in the butt you need to have a great day if you learn from your mistake, vow never to repeat it, and get psyched to do a better job the very next time you go out.

Thanks to everyone who handed in their homework so far, it's really helpful for us to hear what you liked the best about F+F 2007 so that we can all continue to pursue our Foundations' goals together. Remember the goals? They are: 1) Spread the Love and 2) Dominate the World.

I hope you are all enjoying your racing opportunities this March, because in just a few short weeks it will be Nationals and then *poof!* the season is over before you know it. Sarah, Dasha and Tasha are heading home after World Champs to prepare for Nationals in Mt St Anne, and I will have a chance to attempt some much better sprints in the next three World Cups which are in Finland, Norway and Sweden in the next three weeks.

Thanks for tuning in!
-Chandra