

## 100km ski

At the beginning of the 2019-2020 ski season, Tyson Green and I (Martin Williamson) decided we wanted to ski 100km in a single day, after being inspired by some athletes from other clubs that had done it the year before. Our original plan was to do the distance the weekend after nationals, but then nationals was cancelled due to Covid-19. We were disappointed to the abrupt end to the race season, so we talked with our friends up in Smithers and planned to ski 100km with them to wrap up the season on a good note, but as we approached the date, we decided that sadly, it would be best for each club to ski separately, to help slow the spread of Covid-19.



After looking at the weather forecast, we decided to ski on Wednesday, March 25th, 2020 which started out as a cold and brisk morning that numbed our faces, but soon, we felt the sun start to warm our backs, and the afternoon was sunny and beautiful. We had planned a loop of 25km, which we skied 4 times, stopping after each lap to get some food, and to switch techniques to keep our muscles fresh.



By eating lots of fresh muffins and bars we had spent some time baking the day before, and staying hydrated with an electrolyte drink mix, we had the energy needed to complete the distance. After 50km of great skiing on the freshly groomed trails, we were starting to feel tired, but we stayed positive. A short break with a great lunch to refuel prepared by our support crew (Paul Green), and then some cheering and words of encouragement from club members we passed along the trails helped us to finish the distance with a total of just over 7 hours moving time.

It was an awesome day of skiing, filled with lots of great conversation along with long periods of silence as we cruised along the trails. As we skied, we contemplated the meaning of life, and decided that the only thing that really matters in life is the journey, because if you aren't enjoying the process needed to achieve a goal, it isn't really worth all the hard work required to get there. During this ski, we learned how powerful keeping a positive attitude can be while doing something difficult, and if you put your mind to it, almost anything is possible. This 100km ski was a great way to wrap up the season, and while we are planning even bigger things for next year, we are already looking forward to a great summer of training and enjoying the outdoors in preparation for the next race season!

