

Emily Young

Emily Young is a Hollyburn club member and North Vancouver resident who was recently selected to represent Canada in the upcoming Paralympics. Emily injured her arm in a wrestling accident several years ago resulting in permanent nerve damage. She then took up distance running and triathlons. In 2014, our head coach, Jake Weaver, recruited Emily and taught her to ski. Emily took to it extremely quickly, making it onto Canada's National Paralympic Team and winning World Cup medals within three years.

A few weeks ago she came out for a night of training with our race team and it was such a fantastic experience for our athletes to train with her. The team presented here with a flag that had been signed by many of our young skiers. Good luck Emily. We'll be cheering for you!



Emily's "Notes from the Road"

My season started off racing Frozen Thunder and Alberta Cup races in Canmore in the 'Open Women' category. As I have a little disadvantage with using only one pole, it is always a competitive race to mingle among the middle-of-the pack skiers.

My first Para Nordic World Cup of the season was hosted in Canmore (this happens approximately once every four years). I couldn't have asked for a more positive way to start the world cup season! I was able to ski away with 4 medals in 5 races. I got 3rd in the classic sprint, 3rd in the 7.5km skate, 2nd in the 15km classic, 4th in the sprint biathlon race and 3rd in the Biathlon pursuit race. It was a really fun way to start the season off and positive reassurance of my summer training!

The second World Cup was in Oberried, Germany (Black Forest Region) from Jan 20-28. I was able to come away with a 3rd and two 5th places (3rd in 7.5km classic, 5th in 15km skate and 5th in classic sprints). These have been very positive races as the categories are double the size of Canmore and have both 'power house' countries of Ukraine and Russia competing. Although there were mistakes

made in the races, there were also huge gains made. I could not be happier with the change that has happened over the last year of racing and heading into the games in March.

Once home from Germany, the team will have a week or so at home then head to altitude camp in Lake Louise for 10 days. This will give us some great volume prep before heading home for another 10 days then off to Asia. The team is fortunate enough to head over to Japan to stage for 5 days before heading to Korea for the 'Big Show'!

All this wouldn't have been possible without the support from not only Cross Country Canada, Canadian Paralympic Committee and Own the podium but also each and every home club that has supported the athletes over their years of development. I have had the pleasure of being supported by both Hollyburn XC club of North Vancouver and Telemark XC club of Kelowna (for a year) in my road to PyeongChang 2018. The support from home means more to me than can be described in words, and although each race I toe the start line I am racing for me, I cannot help but race for the family, friends and extended family (XC clubs, coaches, wax techs, ski shops, sponsors etc.) that have helped me to get to that line!