

Injury: it ranks right up there with sickness as one of a competitive skier's worst enemies, and unfortunately, it has struck again!

Going snowboarding has been on my to-do list for awhile now, so when a friend of mine offered to lend me one of her snowboards and try the sport out, I jumped at the opportunity. "I have over a week until Easterns", I thought, "what could go wrong?"

As it turned out, a lot could go wrong. In one of my many falls, I managed to wrench my neck backwards and get to see all sorts of blue stars flash across my vision. Without thinking much of it, I went out for a 2.5 hr ski the next day at practice and managed to fall again. Just like when I was snowboarding, I didn't hit my head, but I guess it was enough of an impact to bump things past the point of no return; for the last two weeks I have felt dizzy, nauseous, and have only just been able to start going out for short workouts again.

This experience has been one of the most disappointing ever as it has resulted in me missing Easterns, and it looks like I will be missing the Quebec Cup at Mont Orford this weekend too. With nothing in particular to learn from this experience (except that snowboarding is not a sport to try during the race season!), I feel angry at myself for not anticipating this turn of events, and desire to be back on the race course fighting through a world of "the good kind of pain"!

So, to finish things up, I'd like to shout out to all those of you who have suffered through injury or illness this year--I feel your pain. But, even though this kind of thing is a serious let-down, do not despair!! We still have almost half the race season to go--let's make it a good one.