

Des nouvelles de William Dumas (Équipe développement / Chelsea Nordiq)



With the ski season over, I have a little extra time on my hands, so here is a quick throwback of my results this year:

Swiss Cup Campra

I started my season with a super skate sprint in Switzerland, finishing 14th in the U20 category. It was an awesome experience on a very demanding course ! I found the second race more difficult, as it was a long distance skate and I don't think my body was prepared for the altitude.

National Junior World Championship Trials in Canmore

No great result at all, I was very disappointed with my entire week. I think I traveled too much beforehand. I was just back from Europe and left for Canmore a couple days later. I know for this upcoming season that I want to get more racing under my belt before the trials. Also, I want to minimize my travels, always keeping in mind that recovery is key and focus on sleep and a routine (a big factor for me to be successful). I think that this season was a big learning year for me at Trials and I will definitely return next year much more prepared with a lot more confidence.

Québec Cup

- 2nd place in Skate middle distance QC #1 MSA
- 6th place in classic sprints QC #1 MSA
- 1st place in Skate prologue 3km (13s on the 2nd place) Easterns/QC #2 Nakkertok
- 2nd place in skate long distance 10km QC #3 Orford
- 4th place in classic sprints, only a couple of cm's of 3rd QC #5 Rimouski
- Those are my best results, but I was almost always in the top 6 except at Orford (long distance classic race - really bad grip and glide!)
- 3rd place in the overall Quebec Junior B standings (1st of my age - 1996 boys)

Nationals

- 1st place win in Classic team sprint with Aaron Fahey !!!! Awesome team effort, we were working on that medal since the team sprints at MSA in 2012. When training and the going got rough, we reminded each other of our goal and kept pushing even harder thru pain. All that suffering we did together finally paid off !
- First 10km classic race was alright, but we didn't have amazing skis so I wasn't expecting a great race and I finished 21st
- 3rd place in the 7,5 km skate race !! Really happy with this result, I gave it all I had out there and it paid off !!
- 2nd place in skate sprint qualifier. I felt SO strong that day, it was my race, my course and I was aggressive and eager to go out there and compete knowing that I was amongst the best. However, on my quarter final, in the first 5m coming out of the double pole zone, I got in a tangle with another guy and LOST BOTH OF MY SKIS !! I managed to get right back up and snap my skis back on, but when I did, the pack was long gone... Fortunately, nothing was broken and I managed to finish the race

... alone. I then went on a ski by myself to calm down and accept the reality. On the spot it was hard to handle.... I had trained over 500h for this and everything crashed in a split second. After talking with Moe and analyzing the video, we concluded that we were just too close to each other and the other racer accidentally stepped on my skis and I wiped out hard. It was just really bad luck. Although, it was a terrible day for me, I was still happy to encourage my buddy Aaron who finished 3rd !

- Last 15km classic race was also a bummer, I fell and broke a pole on the 2nd lap which made me lose the lead pack, but I managed to finish in an ok 14th place.
- Overall, I was ranked 8th, but my goal was top 3 and honestly, with a good result in the sprints, I could of been up there.... but there is nothing I can change except the future so.... time to get back out training !! After a well-deserved rest of course 😊

So yeah that pretty much sums up my 2014 season. I reached most of my result goals, except for my Nationals overall goal.

William Dumas