



Ashley skied the Kortelopet Skate Ski (29K) race at the American Birkebeiner (Worldloppet race weekend) and was 2nd in her age category (out of 71), 2nd out of 667 female skiers and 46th overall (out of 1508).



HOW LONG HAVE YOU BEEN COMPETING IN THIS SPORT?

I have been competitively competing in nordic skiing since my freshman year of high school.

WHAT DREW YOU TO THIS TYPE OF COMPETITION?

I am overall a very competitive person and love that this sport allows me to compete as an individual and for my team.

WHAT IS THE BIGGEST CHALLENGE TO YOU AS A COMPETITOR?

My biggest challenge as a competitor is staying motivated after I don't perform well in a race. It's challenging to have a bad performance but then also be ready the next day to go out and race again.

WHAT WERE YOUR GOALS GOING INTO THE RACE?

My main goal was to enjoy the race and have fun. I knew I could place pretty high in the results but I wasn't sure how I was going to perform because I had never raced a 30k before.

HOW DID IT FEEL TO PLACE SO HIGH IN YOUR RACES?

It feels great to place high in my races because it reassures me that my training from the summer and fall is working and gives me a boost of confidence for my next races.

WHAT'S NEXT?

Up next I have Junior Nationals which I qualified for through a series of races throughout the winter. Junior Nationals is a week-long event that goes from March 7th-12th where I will be competing against the best juniors in the country. This year it is being held in Minneapolis Minnesota so I am excited to be close to home!



ASHLEY GROSSKLAUS

GAVIN CHOW



Gavin Chow skied the Kortelopet Skate Ski (29K) race at the American Birkebeiner (Worldloppet race weekend). He was 5th overall (out of 1508 total skiers, men and women), 3rd in his age group (80+) and 5th overall in all male ages (out of 841).

HOW LONG HAVE YOU BEEN COMPETING IN THIS SPORT?

I have been skiing for three years.

WHAT DREW YOU TO THIS TYPE OF COMPETITION?

I wanted to try an individual sport that could keep me in shape for soccer, which was my main sport at the time.

WHAT IS THE BIGGEST CHALLENGE TO YOU AS A COMPETITOR?

Keeping on top of my injuries

WHAT WERE YOUR GOALS GOING INTO THE RACE?

My goal was to finish on the podium (top 3).

HOW DID IT FEEL TO PLACE SO HIGH IN YOUR RACES?

It felt really good, a little disappointed that I was not able to hang onto third place but that's ski racing.

WHAT'S NEXT?

I will be skiing for the University of Minnesota's ski club, competing for an elite bib at next year's Birkebeiner.

