



## Volume 2: Mid Season Recap

# Competitions

North American Cup Circuit Races

November/December 2018

## Janelle Khan-Nielsen, Canadian Skeleton Athlete

The first races of the new 2018/2019 Skeleton season in the North American Cup circuit...

I was selected to compete in the North American Cup (NAC) circuit this season, starting back in beautiful Whistler in November, with races occurring on November 7<sup>th</sup> and 8<sup>th</sup>, 2018. I was fortunate to be able to race again in Whistler, as the Canadian team had 4 spots, and sent the 3 women on the Intercontinental Cup (ICC) circuit plus myself to try to get the most points on possible on home soil.

It was a tough competitive field, including some Olympians from the 2018 Pyeongchang games, as each team sent their best athletes to get more experience as the World Championships...



*Park City, Utah 2018*

## Race Results

- NAC Race #1 Whistler – 17<sup>th</sup>
- NAC Race #2 Whistler – 13<sup>th</sup>
- NAC Race #3 Park City – 7<sup>th</sup>
- NAC Race #4 Park City – 7<sup>th</sup>
- NAC Race #5 Lake Placid – 7<sup>th</sup>
- NAC Race #6 Lake Placid – 8<sup>th</sup>
- Alberta Cup #1 – 2<sup>nd</sup> place

...are being held in Whistler in March 2019. I did my best, took the races as a great learning opportunity, stayed consistent and even moved up a few places the second race day.

After being home for about a week to train and work a few shifts, I drove myself and a few of my teammates, from Calgary to Park City, Utah. I competed in Park City on November 19<sup>th</sup> & 20<sup>th</sup>, 2018. This was my second time at this track for skeleton, and I made huge improvements from last season and was quite happy with my results here!

The last race series of 2018 was held in Lake Placid, New York. This was my first time at this iconic track, in a beautiful but isolated part of the upstate New York. We didn't see sunlight for a week, and it snowed a total of about 3 feet over the week we were there! Races were held November 30 and December 1, and I was happy with my progress and finishes on my last new track!

Alberta Skeleton Cup #1 Races were held December 23<sup>rd</sup> in Calgary, AB on our home track, where I finished 2<sup>nd</sup> in the Women's category. It was great to finish 2018 on a positive note with some new hardware!



### Race Format

For races in the NAC and ICC circuits, the format is the same. Each athlete is able to do a maximum of 6 official training runs (2 per day) leading up to the 2 race days.

To be eligible for the race, 2 official training runs must be completed within the 3 official training days. Usually athletes who are racing at their home track have a better advantage than athletes learning the track for the first time.

Each race day is 2 runs, with your combined total time of the runs determining your overall placing.

In the event of bad weather conditions, runs may be cancelled so we try to make the most of each run!



NAC Team in Lake Placid, NY 2018

## Skeleton Fun Facts...

Did you know?:

- Skeleton runners are the name for the 2 "blades" on the bottom of our sled. They are cylindrical specialized steel, with a groove cut into the back section of the runner to create more or less grip into the ice.
- We have different sets of runners for different ice conditions – kind of like snow tires, all seasons and race tires! You are not allowed to change your runners during a race so you hope you made the best decision based on previous training days and the current weather forecast!