



## 2009 Rock and Ice Ultra - Tale of the Tape

### The Rabbit (Argue)



VS

### The Turtle (Villeneuve)



#### Why did you enter the 2009 Rock and Ice?

No conflict with Canadian XC Nationals  
Appeal of racing in hometown

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Appeal of racing multi-day ski stage race

#### Racing Experience:

Full-time athlete – 'Chasing the Dream'  
Currently Ranked as Top Development skier

Retired since 2001 – Trains for Fitness  
National Team Member 1995-1997

#### Nordic Specialty:

Sprint Racing (< 1.5km)...  
...but trains for all disciplines

Anything longer than 1.5km...  
...but races mostly ski marathons

#### Strengths:

Born/Raised in Yellowknife – terrain knowledge  
Strong Classic Skier/ Still Trains full time  
Grew up ice fishing on Great Slave Lake

Experienced in multi-day racing  
Numerous 6hr+ training days  
Mentally strong in adverse weather

#### Weaknesses:

First time R&I participant  
Limited winter camping experience  
May be tired from long racing season

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Limited winter camping experience  
Irregular training habits

#### Biggest R & I fears...

Never done anything like this before  
Ability to stay warm during very cold days

Breaking trail in deep snow for 6 days  
Skiing into a -50C windchill!

#### Thoughts on the competitors...

Phil is my strongest competition  
Will not count anyone else out

Mike will be tough to ski away from  
Best prepared skier will come out on top

#### Will you be faster than the Diamond Runners?

Tough matchup – especially looking at past results  
Don't think a runner will be able to keep up

Conditions will be a big factor  
Skiers will prevail!

#### What will you do with the Diamond if you win?

Centerpiece for a big-ol' gold chain necklace

Embed in tooth to bling-out my smile!

Follow the battle on [www.rockandiceultra.com](http://www.rockandiceultra.com) - Good luck to all Rock and Ice participants!