

## IMPORTANCE OF GOALS - TAD ELLIOTT

What I want for Christmas is some Chrome Oakleys, coated True Religion Jeans, oh yeah, and some snow. Durango has been clear blue sky and sun since the spring. I went mountain biking and hit golf balls the other day. Now, that is nothing to complain about, but up at 9,000 ft, I wouldn't mind if Khione were to help me out a bit. I have been soaking up the Vitamin D while roller skiing, but doing the same hour out and hour back is getting old. Durango isn't known for its roller skiing, but the Mexican food after is always a nice treat. That is how I make myself ski that stretch of road day in day out. If I complete my goal of scheduled training, my reward is green chili burritos and a sopapilla for dessert. I always make it through the workout.

As the race season is now underway and the big races are coming up quick, I believe everyone should have goals. Daily goals first, then long-term goals. My goals are always, I repeat, always, process goals. Why stress about results? A result goal without a plan is a dream. Dreams are fine too. I dream I could go on a date with Taylor Swift.

So, the process goals are:

- Qualify for the Olympics
- Anchor the relay team to a medal
- Go on the Tonight Show
- Introduce myself to musical guest Taylor Swift
- Take her to ice cream in my Silverado

Yeah, it's awesome. So how do I accomplish that dream? See below.

Daily Goals:

Everyday before I go out skiing, I have a goal I want to accomplish for that workout. At the training camp in West Yellowstone, my daily goals looked like this:

- Bring a full change of dry clothes for after training
- Have my bottles stocked with Tailwind for each training session
- Wax my skis appropriately for each training session
- Ski behind Kris Freeman and learn as much as I can. If my heart rate climbs above level 2, politely say goodbye to Kris and don't stress about my fitness. Remember, that dude is good. Really good.

Long-Term Goals:

My personal long-term goals are:

- Improve my classic skiing (having my core be strong enough to not break down for 50k, and not over kicking the track)
- Make my skate technique sustainable for 50k without being in crazy peak form
- Get a six-pack (couldn't hurt my date chances)

If I accomplish my daily goals first, the long-term goals will fall into place. I try to never stress about results. I only stress about the small things that I can control leading up to the races. If I accomplish each little step, then I know I can go to the races feeling prepared and confident. I know I will have put myself in the best position possible to do well. And if everything goes right, hopefully an ice cream date will follow.