

SETH WESCOTT

Wescott looks to defend Gold in Vancouver



Photo courtesy of Sugarloaf

By David Hart

During the 2006 Olympics, SBX snowboard giant Seth Wescott of Carrabassett Valley managed to take home the first ever Gold Medal in the sport. At the same time, the term "Rocky Balboa training" became part of his athletic profile.

The epic boxing movie Rocky IV (1985) featured actor Sylvester Stallone whose character, Rocky Balboa, used everyday workload functions and chores to train, as compared to his Russian counterpart Ivan Drago who used high end technological training and state-of-the-art equipment.

Wescott, prior to capturing the Gold in Torino was clearing his land in Carrabassett Valley, lugging logs —getting a work-out and burning lungs to compliment his daily training. This training brought him the first ever Gold Medal in the sport of Snowboardcross.

He's still talking about those methods of training, in line as he is to defend his Gold in Vancouver this winter, and at 33 years of age shooting for the 2014 Olympics in Sochi.

Wescott is on top of his game and ready for the new challenges ahead which is a huge undertaking this time around, he said.

"Honestly I feel like I'm now riding the very best that I've ever rode in my career," he said.

On a newly developed board, Wescott just missed a World Cup win in the season opener taking second place this fall in Chapelco,

the World Cup series, is also the first of five Olympic qualifiers.

This finish may very well have qualified him for the four-man Olympic team. He is currently sitting first for Olympic team qualifications behind Graham Watanave of Sun Valley Idaho.

"I rode extremely well in South America and I really feel I can build on that in these next couple of months before the Olympics," Wescott explained.

"I have a lot of hard work in November, December and January. I'm now motivated and it gets even easier as the timeline gets closer," he explained. Wescott reported a good summer of training in his Carrabassett hometown.

"The older I get, the better I am mentally and I'm now much better in the competition scenario." He mentioned that after 14 years of training in the gym, the day-to-day year-round excitement is running thinner with the experience that he's gained mentally.

"For me it just seems like it's getting easier right now. Mentally I just keep getting stronger and stronger every year," he said.

"I do want to defend it (the Gold)," Wescott explained, and said he'd like to retire after 2014 in Sochi with three of the Olympic top prizes and go down in the history books as the greatest ever.

"That's my goal and that's the motivation. I don't want there to be another guy while I'm an active competitor who'll be the champion of the Olympics. I want to retain that title."

Last year Wescott faced setbacks and could not sleep at night after injuring his back in Argentina and missing out on the most critical autumn months of training. Yet he still came back to finish second in World Cup overall standings and had quite arguably his greatest season ever.

"I went three months where not only could I not

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