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**Course** continued from page 13

cats," Wescott explained. The 2006 Gold medalist explained that he has designed a couple of courses for the US national championships. He said that course development is always work in progress and changes will be made and improvements will happen as time passes. He mentioned that over the next summer, they'll use dirt to develop jumps and tabletops instead of relying on snowmaking.

Wescott mentioned that the courses vary in length. The one world cup event for him in Austria next week will take about 45 seconds to run and in Argentina last fall the course was over two minutes. Wescott said he prefers a longer course. "When you work harder during the off-season than your competitors, it's to your advantage. When you have to go two time trial rounds and then four race rounds to get to a final, if you're in better shape, you're going to be riding stronger... When you have to ride six times plus warm-ups the fitness aspect really sets in," Wescott explained.

Wescott said he's been working with the CVA kids this past fall and referred to specifically working with Stratton's Alex Tuttle. "I've been giving him wax to take to his events." He also spoke of Juliette Bisson as one to watch as another finalist last year in their age division.

"It's been neat for me and I've really got more involved in the CVA program again in riding with those kids on a daily basis.

"It's so refreshing to see their energy and how excited they are to be doing it and it's actually been a great re-motivator for me to kind of reconnect with that program again," Wescott said.

"Barry Tripp, who you know is running that program, is so motivating. It's been fun to see his reinvigoration of the whole thing and how it comes off on the kids."

Wescott mentioned that many of the riders on the US Snowboarding team grew up ski racing. "I was actually on the state champion Mt. Blue Middle School team in my seventh grade year," he remarked.

The competition gets better and better every year in

snowboardcross where the 32-year-old Farmington native won the inaugural Olympic event.

"Everyone steps it up every year," Wescott noted. "I can watch footage of myself when I won the world championships in '05. And just in four years I can say, I was riding terribly and," laughing said, "I was the best in the world."

Wescott said like the game of football, his team studies video on each night of the tour. "When you finally get in that gate you have the most comprehensive plan on how you are going to attack that course. We have two of the best coaches in the world on the U.S. team right now. It's amazing to see the choices that we make as a team and seeing our team success. Having five of our guys winning international events last year is amazing and I think the closest country I think only had two (wins). We have a lot of something going right there and many countries that just don't."

Wescott said that the programs like USASA's Maine Snowboard Series were exactly what he did to get ready for his prolific career. He encouraged kids to stay motivated and mentioned the amount of success that's currently at the world cup class comes from the east and from programs like what's available in Maine.

"That was my learning experience and a lot of my Olympic teammates that I've had with me have come out of New England.

Wescott and company made two runs on the new Sidewinder snowboard course before conducting an autograph session last Saturday. He later made himself available for the press for questions and answers where he, as he's also exhibited, gave much of his time answering questions.

On the way out, Wescott said he felt quit confident that newspapers interested in him would have a lot to talk about in coming years. The 32-year-old is on his way to compete and retake his world cup title. He will be competing in the upcoming televised Xgames and we'll hopefully see him in the 2010 winter Olympics in Vancouver, British Columbia.

After athletic Dylan fell and severely injured his knee he was whisked into surgery. While still recovering from surgery, he fell again, requiring a second surgery. Dylan's orthopaedic surgeon, Dr. Nancy Cummings, said she would get him back to 100%. One year later, after three months of physical therapy, Dylan is playing both offense and defense for the youth football league without a trace of his injuries.

"When I fell again I was really scared. My surgeon, Dr. Nancy Cummings, told me if I kept working I would be able to do everything I used to do. My physical therapist, Marco Madison, kept pushing me, and now I am playing football again with my friends."

- Dylan, Livermore Falls

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