

View of the valley



### **Greetings to all from sunny Monguelfo, Italy!**

This is the first of 3 week-ends of racing on my Euro tour and so far it has been a blast.

The sprint race today was terrific. I had a good qualifier in the morning- coming in 15<sup>th</sup> and making it through to the heats (Only first 16 advanced to the heats). There were some top skiers in the race today with top-6 women being regular on the World Cup circuit. I was surprised to see such a high level of competition today and it felt like it could not get any similar to a World Cup without actually being one!

For the heats, the lucky 16 had a privilege of racing in a historical quarter of Monguelfo. I was so pumped to race in this night city sprint, zipping around tight corners and snow-covered streets on my skis! Unfortunately, I think my excitement was also too much of a distraction, because in my quarter-final I was never able to stay calm and focus on skiing technically well. I did not ski the best I could in my heat and as a result, I did not advance to the semi-finals. However, I still managed to get some decent FIS points (one of the reasons for

this trip) and race in my first ever night city sprint against some of the strongest female skiers in the world.

Tomorrow is a training day, and on Sunday I am eager to race in the 30km event, because long distance is always my stronger side.

Here are some photographs from this trip so far.

A bientot,  
- Dasha



Sprint course and a church

City sprint course with the hotel in the background





City sprint



a blur on the ski trail is actually me in my heat!