

GOSSIPING WITH GOUGH

Name : Alex Gough

Career Goals:

I'm not really any good with setting goals. I always think that if you set them too low you are selling yourself short and if you set them too high you are setting yourself up for disappointment. My goals are : to get stronger and work on getting better start technique so I can have the fastest start possible; to be able to have two clean consistent runs in a race on a regular basis; and to have consistent aerodynamic position.



How did you get involved in luge?

My mom signed me up for a recruitment camp told me I was going to go try luge, and sent me out to C.O.P. for a weekend in 2000. I hardly knew what luge was, but it was fast and a lot of fun so when they asked me to join the program I did.

Career ambitions outside of luge?

I want to get my engineering degree. I want to find something that I enjoy that provides me with the means to do all the things that I love to do (like travelling, skiing and diving).

What is a typical training day? When not sliding I am likely?

In the summer, get up have breakfast, go to training of some variety, come home have lunch and relax for maybe two hours, go back for another training session, come home have dinner. In the spring I sometimes have school and then go to bed and get up the next morning and go it all again.

During the competitive season, Mondays are travel days, Tuesday, Wednesday, Thursdays are training (total of six runs), Friday is Nations cup/Qualifying, Saturday and Sunday is World Cup. We usually get two-to-three weights session in there as well. When we are not sliding, lifting, doing sled work and racing I can usually be found in my hotel room reading a book, watching whatever TV show I've brought with me or taking a nap.

When finished with my luge career, I want to?

Finish school, travel

Favourite Luge Track? Why?

Park City, Utah - It's a fast, gliding track and that works best for my style of sliding.

Favourite Competition Venue: So far Igls, Austria. It was just redone and the start houses are really nice with heated floors and I like the set up for racing. It's also one of the most stunning places we travel to.

Favourite Vacation Spot?

I don't think I have a favourite vacation spot. I love to go see new places and experience new cultures and try new things. I loved going on safari on the Masai Mara in Kenya and diving the Blue Hole in Belize, and rafting the Colorado river through the Grand Canyon.

Favourite Book?

You're asking a girl who reads close to a hundred books a year to pick just one. I am a sucker for a good young, adult fantasy with a good heroine, but I'll read just about anything that catches my attention.

Favourite Movie?

Fern Gully

Favourite Olympic/Paralympic Moment?

My whole Olympic competition was such a blur that there aren't a lot of moments that stand out in my head. However, I do remember getting off the track after the race and seeing my family in the stands cheering me on and that is a moment that means a lot to me.

Inspiration?

My Mom is my inspiration. She is the strongest, most driven, generous and caring person I know.

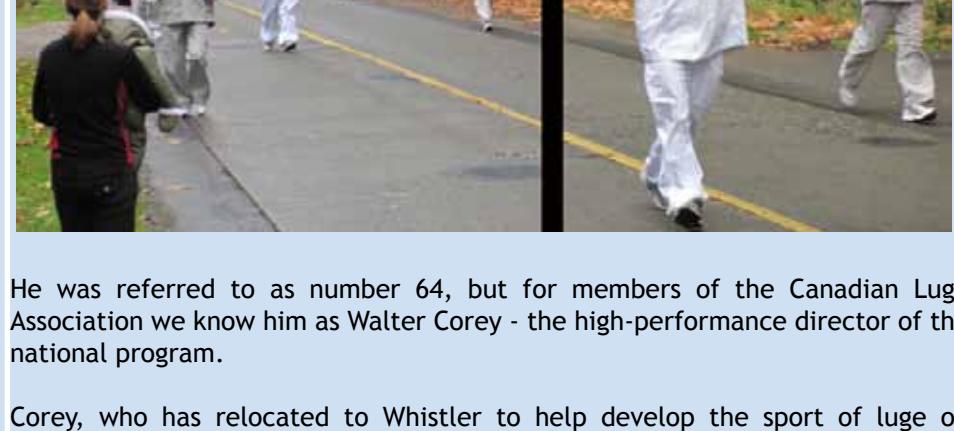
Favourite Colour?

Purple

If I had to do maintenance on my car what could I do?

Get a new one. My car is 10 years old and starting to fall apart.

WALTER COREY HELPS CARRY TORCH THROUGH VICTORIA ON OPENING DAY



He was referred to as number 64, but for members of the Canadian Luge Association we know him as Walter Corey - the high-performance director of the national program.

Corey, who has relocated to Whistler to help develop the sport of luge on Canada's west coast, was selected to carry the torch on the opening day of the relay in Victoria. With two-time Olympic medallist, Simon Whitfield, and double Olympic gold medallist, Catriona Le May Doan, kicking off the longest Olympic torch relay ever in Victoria, Corey accepted the torch by former bobsleigh athlete, Louis Poirier, and helped carry it into the world-renown Bouchart Gardens.

"It was clearly the coolest thing that I have ever done with the Olympics," said Corey, who has worked his way through the Canadian luge system as an athlete, coach and now high-performance director. "When we are at the Olympics we forget about the impact it has on all Canadians. This was one thing that made me realize this same flame is being shared across the country, which will encourage all Canadians to celebrate the Olympic motto."

Corey won't be the only member of the luge community to have the honour of helping to bring the flame to Vancouver. Tyler Seitz, the only Canadian male to win a World Cup bronze medal in luge, will hit the road for his 300-metre journey with the flame in Cache Creek on February 6. Seitz works with his brother, Tracy, on the Olympic Track at the Whistler Sliding Centre.

Longtime luge volunteer, Jo Ann Stimpson, will also carry the torch at some point between Calgary and Airdrie on day 82 of the run on January 19, 2010. Carrying the torch will be the final Olympic To Do item for Stimpson who has volunteered and danced at the Opening Ceremonies, been a licensee, and officiated in luge at four Olympics.



The Olympic Torch Relay is the longest ever as it will travel by land, air and water to more than 44,000 kilometres by 12,000 people to more than 1,000 communities across the country, the country in the lead up to the 2010 Olympic and Paralympic Winter Games.

World's Best Luge Athletes Set to Kick Off World Cup Season in Calgary

Event Schedule:

Thursday November 19th:

Nations Cup (Qualification's for World Cup)

Friday November 20:

Challenge Cup (Preliminary Runs) - 3 p.m.
 Challenge Cup (Semi-Finals & Finals) - 4:20 p.m.
 Viessmann World Cup Doubles Race (Run 1) - 6 p.m.
 Viessmann World Cup Doubles Race (Run 2) - 7:15 p.m.

Following the completion of the Doubles Race, please join us in the Festival Tent for the Awards Ceremonies and Live Entertainment!

Saturday November 21:

Viessmann World Cup Women's Race (Run 1) - 2:40 p.m.
 Viessmann World Cup Women's Race (Run 2) - 3:55 p.m.
 Viessmann World Cup Men's Race (Run 1) - 5:15 p.m.
 Viessmann World Cup Men's Race (Run 2) - 6:45 p.m.

Following the completion of the Men's race, please join us in the Festival Tent for the Awards Ceremonies and Live Entertainment
 - Admission is FREE!

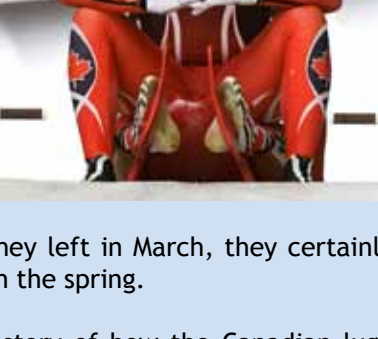
FREE! LIVE ENTERTAINMENT in the Festival Tent!!!

Friday November 20 @ 9:00pm - *To be Announced*

Saturday November 21 - *Pure City*

BACK ON TRACK....IN WHISTLER!

The Canadian Luge Team were the first to open the track at the Whistler Sliding Centre for the 2009-10 season by participating in a two-week training camp in October, and recently wrapped up the final International Training Week prior to the 2010 Games.



With less than 100 days remaining until the 2010 Olympic Winter Games, the Canadian squad completed quality high-volume sessions', packing in 10 runs a day. The team followed its on-track sliding time with regular visits to the weight room as they zero in on the World Cup season.

While the team returned to a familiar track they left in March, they certainly appeared much different than when they left in the spring.

Bulging muscles and V-shaped chests tell the story of how the Canadian luge team spent their summer. Their off-season training under head coach Wolfgang Staudinger was the hardest training the sliders have ever done in their lives.

"I have always said champions are made in the summer," said Staudinger. "I would say we've increased the volume from the year before to now almost by 100 per cent and we are starting to show some definite signs of improvement. We are looking forward to the season."

The Canadian Team held its final media availability in Whistler prior to the start of the season on November 12 to officially kick off the year.

TRACKING CANADIAN PERFORMANCES ON THE WORLD STAGE

Live results of Canadian athletes performing at the Junior and Senior World Cup can be viewed at www.fil-luge.org on the Internet.

World Cup

November 17-21 Calgary, Canada
 November 24-29 Igls, Austria
 December 1-6 Altenberg, Germany
 December 26-Jan.3 Kongssee, Germany
 January 5-10 Winterberg, Germany
 January 12-17 Oberhof, Germany

Junior World Cup

December 7-12 Paramonova, Russia
 December 14-19 Sigulda, Latvia
 January 11-16 Kongssee, Germany
 January 18-23 Oberhof, Germany
 February 1-6 Winterberg, Germany

Awarding with the Art of Luge



The Canadian Luge Association will present Svein Romstad of the International Luge Federation with a world-unique piece of wire-art designed to celebrate winter sport during the 2009 World Cup in Calgary.

Inspired by his nephew Tristan Walker's success competing internationally on the national junior team, Ontario's Lloyd Walker created the unique "Winter Sport Series" in an effort to generate excitement and awareness for some of Canada's exciting sport past-times.

Lloyd put together "The Luge" while Tristan was racing in Nagano where he and his doubles partner Justin Smith won a bronze medal at the Junior World Championships back in February of this year.

Lloyd donated "The Luge" to the Race Organizing Committee to give as a gift to the International Luge Federation.

Canadian Juniors Set to Take on World after Selection Races

Canada's junior luge athletes will prepare to take on the world after coming off one of the strongest pre-season selection races and start competitions over the last month.

The 2009-10 Canadian Junior Team will consist of the following athletes:

- Kimberley McRae
- Elena Corrigall
- Jordan Smith
- Dayna Clay
- Laura Glover
- Ariane Jones
- Devin Corrigall
- Matt Medrek

The competitive juices will be flowing early this year as seven of the women will race off for one of five spots to participate at the World Cup in Calgary which includes one spot in the World Cup race, two Nation's Cup spots, and two forerunner spots.

Congratulations to all of the athletes and best of luck for a great season!

