

## President's Perspective

As I've gotten more heavily immersed in my individual sports pursuits, my perception of professional (and "big-time" amateur) sports has changed, and my interest in them has waned as a result. In thinking about the "turn offs" of professional sports, and the "turn-ons" of cross country skiing, I've come up with **The Top 6 Reasons Why Nordic Skiing is Better Than Rooting For the Home Team:**

**Reason #6: Being a participant is healthier than being a spectator.**

Get out and enjoy the fresh air and glistening snow, or sit on the couch with the remote control? Easy choice!

**Reason #5: Friendly competition is healthy competition.**

The difference between healthy and unhealthy competition is simple. Healthy competition motivates and encourages everyone to perform better. Unhealthy competition encourages an individual (or team) to improve their standing at the expense of others. The "win at all costs" attitude of big-time sports is the antithesis of healthy competition. Cheating, putting down one's opponent, and injecting illegal substances are all rationalized in the name of winning.

**Reason #4: We're motivated for the right reasons.**

Nordic skiing is barely on the radar screen, so needless to say, none of us are in it for the money, fame, or glory. We're motivated by the personal challenges and our love for the sport.

**Reason #3: Our common interests run deep.**

Fans of professional sports team can connect with each other at some level. They can cheer together and talk about the game around the office water cooler the next day. Our connections run much deeper than that. We venture out together, learn from and teach each other, and share our experiences in a unique way.

**Reason #2: We can control the outcome.**

When we root for our favorite sports teams, we're investing a lot of time and emotional energy in something over which we have no control. When pursuing an individual sport, we have a lot of control: What we do in pursuit of our goals will largely determine whether or not we succeed. Now all we need to do is figure out how to control the weather!

**Reason #1: We're different!**

In the skiing community, we're far outnumbered by down hillers and snowboarders. In the sports world, we're an island of endorphin junkies in an ocean of adrenaline junkies. In society as a whole, we have patience, focus, and determination while others are pursuing instant gratification. Different is good!

*Larry*

