



*Interview with*  
**Kolston Breaux**

**Age 14**

**Years on PVNT: 5**

What draws you to  
cross-country skiing?

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Having fun while getting  
better at something while  
getting outside and doing  
something.

*Kolston Breaux*

What are your goals for  
JNs?

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This year my goal is to get  
better and feel better  
skiing in the process.

*Kolston Breaux*

How do you plan to  
deliver on these goals?

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Work on myself and get  
better, and not focus on  
the results.

*Kolston Breaux*

How might that serve  
you in the future?

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*Realizing that one day if I  
train hard enough and work  
on myself enough my work  
and dedication will show in  
my results as well.*

*Kolston Breaux*

What advice would you  
give to younger PVNT  
skiers?

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*It's not all about results,  
it's about yourself and  
having fun.*

*Kolston Breaux*



*Interview with*  
**Kirsten Jarmin**

**Age 18**

**Years on PVNT: 4**

What draws you to  
cross-country skiing?

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*The ability to be on snow and  
have fun! I have always loved to  
go have a good time skiing, and  
that's my goal most of the time.*

*Kirsten Jarmin*



What are your goals for  
JNs?

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*My goal for JNs is to put  
everything out there on  
the course, especially in  
the 15km.*

*Kirsten Jarmin*

How do you plan to  
deliver on these goals?

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*I plan to deliver this goal by  
focusing on everything leading  
up to the race and maintaining a  
positive attitude the whole week  
I am at Lake Placid.*

*Kirsten Jarmin*

How might that serve  
you in the future?

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*This will serve me in the  
future by helping me  
reach new goals.*

*Kirsten Jarmin*

What advice would you  
give to younger PVNT  
skiers?

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*To go out and have a fun  
time! Don't put too much  
stress on yourself because  
most of the time it won't  
benefit you.*

*Kirsten Jarmin*



*Interview with*  
**Addie Loewen**

**Age 16**

**Years on PVNT: 4**

What draws you to  
cross-country skiing?

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*Not very many people know about it. The people that do know get it and that makes a really tight and super fun community of skiers!*

*Addie Loewen*

What are your goals for  
JNs?

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*I would like to have some good results, however my main goal is to not focus on the results but the experience and people.*

*Addie Loewen*

How do you plan to  
deliver on these goals?

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*I plan to go out and try to  
maintain a happy and exciting  
environment on the course!*

*Addie Loewen*



How might that serve  
you in the future?

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*I think skiing will serve me in the future by helping me learn how to work around mental and physical obstacles in my life.*

*Addie Coewen*

What advice would you  
give to younger PVNT  
skiers?

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*Don't put yourself under too  
much pressure, it's just skiing!*

*Addie Loewen*



*Interview with*

**Izzy Menna**

**Age 18**

**Years on PVNT: 6**

# What draws you to cross-country skiing?

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*Probably the same thing that draws most of us: availability of local venues, outdoor winter exercise, and the beauty of the scenery.*

*Izzy Menna*

# What are your goals for JNs?

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*I hope to do well at my last JNs this year, while serving others. I plan to be there first and foremost as a sister and teammate to help my sister and the whole of the team - both PVNT and PNW - to foster camaraderie and teamwork.*

*Izzy Menna*

How do you plan to  
deliver on these goals?

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*I like to think of myself as the  
team cheerleader-in-chief and  
will be doing that in Lake Placid.*

*Izzy Menna*

# How might that serve you in the future?

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*I firmly believe that being a member of PVNT right to the end of my time in high school - I graduate from CHS this spring - has been instrumental in my development and my future. I would not be headed to an Ivy League school without having been consistently part of an organization like PVNT, which the former values. The contacts I made through skiing throughout the country have been key to the development of my future path.*

*Izzy Menna*

# What advice would you give to younger PVNT skiers?

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*The process is a marathon, not a sprint, and often it's not easy to see the finish line, which, to continue the metaphor, doesn't really exist. Most kids give up and quit the sport - usually early in high school - just as all the years of work they put in are beginning to pay off. They just don't realize it. Skiing can open a lot of doors that might not otherwise be open, even if you, like me, aren't necessarily chasing podiums.*

*Izzy Menna*





*Interview with*  
**Avery Houghton**

**Age 16**

**Years on PVNT: 2**

What draws you to  
cross-country skiing?

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*I just love being out in the  
snow and doing  
something I love with  
amazing people.*

*Avery Houghton*

What are your goals for  
JNs?

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*I'm just excited to get this  
opportunity, and I want to  
give it my all.*

*Avery Houghton*

How do you plan to  
deliver on these goals?

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*Staying on top of eating  
resting and preparing for  
the races.*

*Avery Houghton*

How might that serve  
you in the future?

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*It will give me the skills to  
work hard and be  
persistent.*

*Avery Houghton*

What advice would you  
give to younger PVNT  
skiers?

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*If your unsure of what to do or a  
decision is scaring you, take the  
lead, because in the end it will  
work out; especially with a bit  
of hard work.*

*Avery Houghton*



*Interview with*  
**Caroline Menna**

**Age 16**

**Years on PVNT: 6**

# What draws you to cross-country skiing?

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*I love competing. I was also an alpine racer but two years ago broke my foot just before the winter season began and was able to get my foot in a Nordic boot weeks before I could do the same with an alpine boot. As prosaic as it sounds, that's how the decision to focus on XC came about.*

*Caroline Menna*



# What are your goals for JNs?

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*I'm hoping to be in the top ten - and subsequently named an All American - in all three individual events. In the relay, I think we can win. Of course, I also look forward to racing and socializing with my sister, teammates, and friends from around the country.*

*Caroline Menna*

How do you plan to  
deliver on these goals?

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*Well, I guess I plan to deliver by  
taking care of myself leading up to the  
races and on rest days, and then  
putting my race plan into action on  
race days.*

*Caroline Menna*

# How might that serve you in the future?

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*I love ski racing and practicing. Beyond that though, ski racing is a great tool to use to meet influential and interesting people. For example, I'm lucky enough to be being recruited by some excellent college programs and, mainly through summer camps open to those who ski well at JNs, I have met friends and, I'm sure, future teammates.*

*Caroline Menna*

What advice would you  
give to younger PVNT  
skiers?

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*There are no secrets to success. It's  
the result of preparation, hard work,  
and learning from failure.*

*Caroline Menna*



*Interview with*  
**Silas D'Atre**

**Age 17**

**Years on PVNT: 8**

# What draws you to cross-country skiing?

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*I enjoying skiing even if it's just chill. I like having something to push hard towards and the feeling of accomplishing my goals. PVNT has also made it a lot easier for me to compete in such an expensive sport, so it's nice to show the people supporting it's a huge help.*

*Silas D'Atre*

What are your goals for  
JNs?

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*Put all the technical work  
and training to use and  
deliver. Be smart and  
have fun.*

*Silas D'Atre*

How do you plan to  
deliver on these goals?

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*Through the routines I've set  
in place overtime and not  
giving up!*

*Silas D'Atre*



# How might that serve you in the future?

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*I now know what it feels like to work hard towards something and the satisfaction of completing, which can be a good life skill. Maybe all my work will also help me go to college and keep skiing .*

*Silas D'Atre*

What advice would you  
give to younger PVNT  
skiers?

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*Enjoy your time on the team,  
there's no other team like it.  
Skiing won't be for everyone as  
they grow up, but it will sure be a  
good experience.*

*Silas D'Atre*



*Interview with*  
**Olaf Saugen**

**Age 15**

**Years on PVNT: 6**

What draws you to  
cross-country skiing?

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*I need the snow!*

*Olaf Saugen*

What are your goals for  
JNs?

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*To qualify for heats on  
sprint day and to get top  
20 in the 5k*

*Olaf Saugen*

How do you plan to  
deliver on these goals?

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*I'm gonna go as fast as i  
can and prepare in the  
days leading to the races*

*Olaf Saugen*

How might that serve  
you in the future?

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*It'll give me good  
management skills and help  
me figure out what's best for  
future race planning.*

*Olaf Saugen*

What advice would you  
give to younger PVNT  
skiers?

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*Keep nordic skiing fun,  
don't get burnt out by  
trying to be the best at a  
young age.*

*Olaf Saugen*





*Interview with*  
**Quinten Koch**

**Age 16**

**Years on PVNT: 4**

What draws you to  
cross-country skiing?

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*I like pushing my limits  
and going really fast.*

*Quinten Koch*

What are your goals for  
JNs?

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*I hope to place top 10 in all  
of my races and have a lot  
of fun racing with my  
friends.*

*Quinten Koch*

How do you plan to  
deliver on these goals?

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*I'm plan to make sure that I am  
taking care of myself and making  
sure that i do everything I can do  
to give myself the best chance to  
give my best effort.*

*Quinten Koch*

How might that serve  
you in the future?

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*It would help me if in the future I  
have a job and it requires a lot of  
work I would know how to  
prepare and make sure I stay on  
schedule.*

*Quinten Koch*

What advice would you  
give to younger PVNT  
skiers?

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*I would tell them that if they  
have a dream and no matter  
how big it is, it's always possible.  
You can make it happen if you  
work hard and believe in yourself.*

*Quinten Koch*



*Interview with*  
**Kian Reid**

**Age 15**

**Years on PVNT: 3**

What draws you to  
cross-country skiing?

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*It is hard, fun, and also  
helps me meet new  
people.*

*Kian Reid*



What are your goals for  
JNs?

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*To get top 10 and to have  
fun!*

*Kian Reid*

How do you plan to  
deliver on these goals?

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*To work as hard as I can.*

*Kian Reid*

How might that serve  
you in the future?

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*It will help me make new  
memories.*

*Kian Reid*

What advice would you  
give to younger PVNT  
skiers?

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*Stick with it, and try to  
make new friends and  
have fun.*

*Kian Reid*



*Interview with*  
**Micah Saugen**

**Age 15**

**Years on PVNT: 8**

What draws you to  
cross-country skiing?

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*The community.*

*Micah Saugen*

What are your goals for  
JNs?

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*Getting top 20.*

*Micah Saugen*

How do you plan to  
deliver on these goals?

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*Use all the skills and  
muscles I have gained  
from training.*

*Micah Saugen*



How might that serve  
you in the future?

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*Grit and scholarship.*

*Micah Saugen*

What advice would you  
give to younger PVNT  
skiers?

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*Ski good.*

*Micah Saugen*

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*Interview with*  
**Tarin Worden**

**Age 15**

**Years on PVNT: 9**

What draws you to  
cross-country skiing?

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*I like working towards a  
goal with a sport I like to  
do.*

*Tarin Worden*

What are your goals for  
JNs?

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*To race my best on the  
national level.*

*Tarin Worden*

How do you plan to  
deliver on these goals?

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*Focus on my races and  
prepare the best I can*

*Tarin Worden*

How might that serve  
you in the future?

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*Teaching me how to work  
towards a challenging  
goal.*

*Tarin Worden*

What advice would you  
give to younger PVNT  
skiers?

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*Don't finish a race  
knowing you didn't leave it  
all out there.*

*Tarin Worden*