

Hello PVNT Community,

This month we are highlighting SRT Skier:

Peter Norby



This month, we recognize Peter Norby. He has been on the team for a decade now. We often joke that PVNT is the Peter Valley Nordic Team. He has been such an important constant in the team. The group's energy often functions around his presence. This year has been a bit different. Peter went through difficult challenges, and his absence was hard felt. Luckily, he got to enjoy the tail end of the winter and took the chance of giving right back. He helped with his younger teammates and we are so glad to see him around some more.

~Pierre Niess, Head Coach

March 2024- Skier Profile Interview

featuring Pierre Niess, Plain Valley Nordic Team Head Coach and Peter Norby

Can you tell me about what happened, and what were the implications for your goals and your health?

It started on Thanksgiving 2022, I fell going downhill and landed on my outstretched right arm, dislocating it. Then, that spring I repeated the injury while playing volleyball, and again midsummer while roller skiing. After testing and consulting with specialists, I decided to have a surgeon fix my shoulder, which was a good decision as the damage

was worse than anticipated. As it stands, I'm down a season of races but up a healthy shoulder, definitely worth it.

How did you manage the process of going through that frustration?

It felt identical to every time I've messed up during a race, thinking afterwards about what could've been had it not gone wrong. I try to take these mistakes or misfortunes and learn from them for the next time they present themselves. If I get stuck dwelling on things I can't change, I'd never get back to climbing my mountain.

Was it helpful to be part of a group/community?

Absolutely, the support I've received from everyone I know has been incredible, from referring doctors to sending chocolate. I appreciate every gesture.

What are your goals moving forward?

Getting back on track for racing next season, after April 29th, I'll be fully cleared for training which is just in time. Next year will be my last with PVNT, so after that I'm off to college.

Do you think there are lessons to learn through that hardship?

Well, something I've learned about myself is how attached I am to the outdoors, without them I lost most of my sense of being. In a broader sense I think that a lot of us take good health and a lot of freedom for granted, so I'll try to appreciate it more.

Thanks Peter!